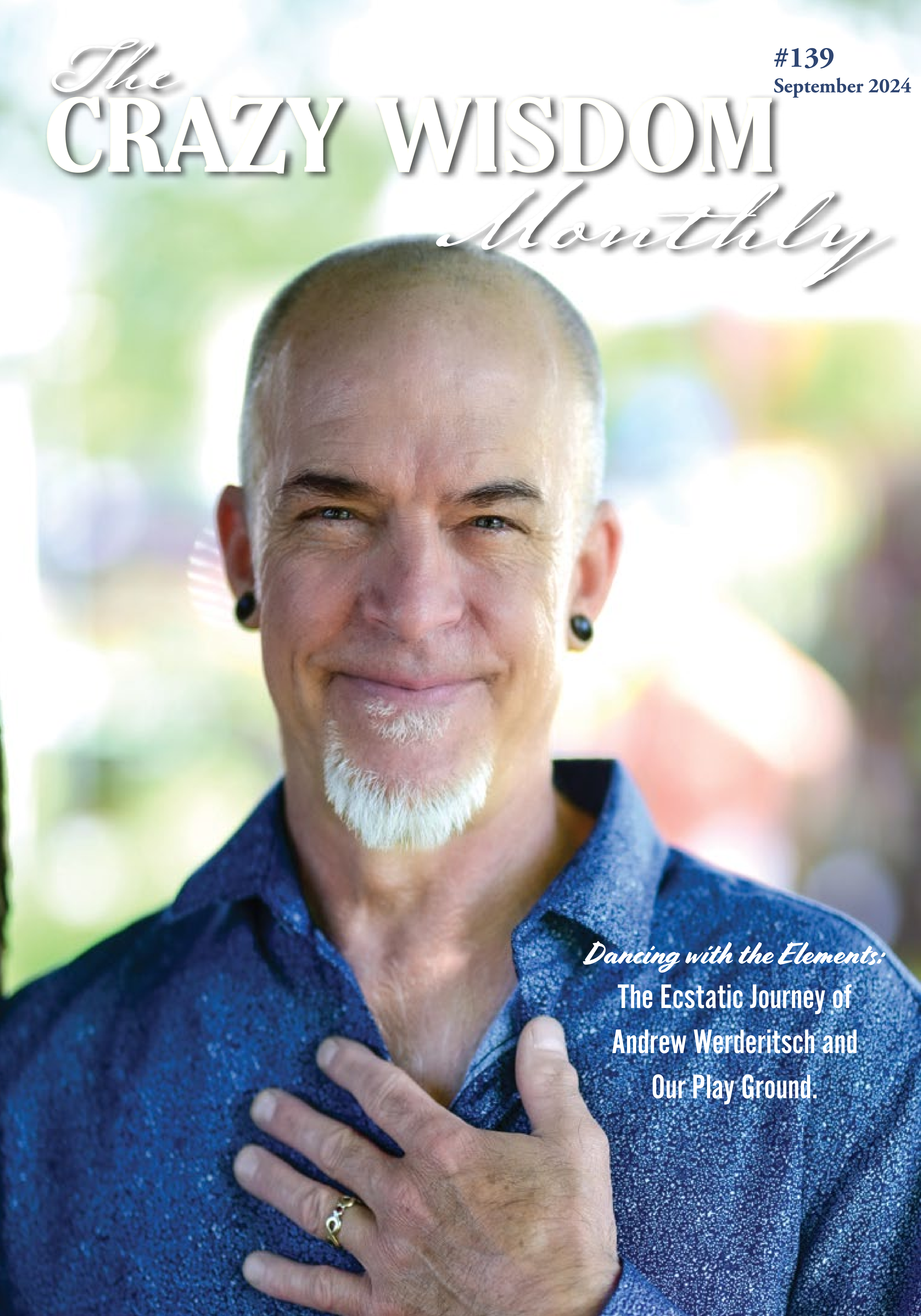
#139
September 2024

The CRAZY WISDOM Monthly



Dancing with the Elements:
The Ecstatic Journey of Andrew Werderitsch and Our Play Ground.


Shining a light in the dark.







Writers Wanted

Great way to be visible in the community, and connected.

We are always looking for good articles about the holistic scene… reportage, personal journaling and essays, profiles, interviews, journalistic explorations,and other feature writing.

Modest but respectable pay. If you might be interested, please send a letter of interest and links or PDF samples of previously published writing to jennifer@crazywisdom.net.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Cover Photo by Hilary Nichols.

Thanks to our contributors for this issue:

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Word of the Month

Orphic

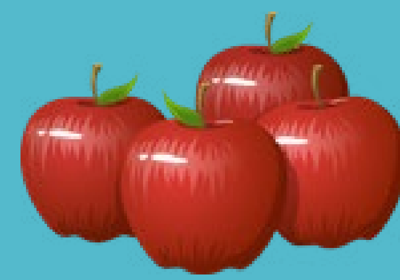
Mysterious and entrancing; beyond ordinary understanding.

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



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issue #139



On the Cover

Andrew Werderitsch, ecstatic dancer and creator of Our Play Ground. Photo by Hilary Nichols.

The Unfolding of Yasuko and the Dream Eater

By Angela Shinozaki

The idea for this story started many years back when I was working on the sequel to a fantasy novel I had written. I wanted to introduce some interesting mythical creatures. My husband, who is Japanese and grew up in Japan, suggested the dream eater, but when he explained what it looked like (it is made up of five different animals: elephant, tiger, bear, ox, and rhino) and how it ate nightmares, I realized it was too unique to be just a background character. It needed to be the center of its own story.

What really intrigued me wasn't that it ate bad dreams. It was the part about how it might also eat good dreams if it was still hungry. I came up with a central question. What if a child called the dream eater to eat a bad dream, but then it wanted a good dream for dessert? I knew I had to write a story to find out the answer!



I started the story before my daughter, who is now almost seven, was born. When I began researching the dream eater, one of the first images I found made the dream eater look scary, like a monster under the bed. So my original story involved a scarier dream eater that needed to be tamed by a clever girl named Yasuko. The story's resolution involved giving the dream eater a sleepy dream that would make it fall asleep. But there were some problems with this ending. One, the dream eater was much too scary. And two, if I put the dream eater to sleep, how could it continue to help other children with their nightmares?

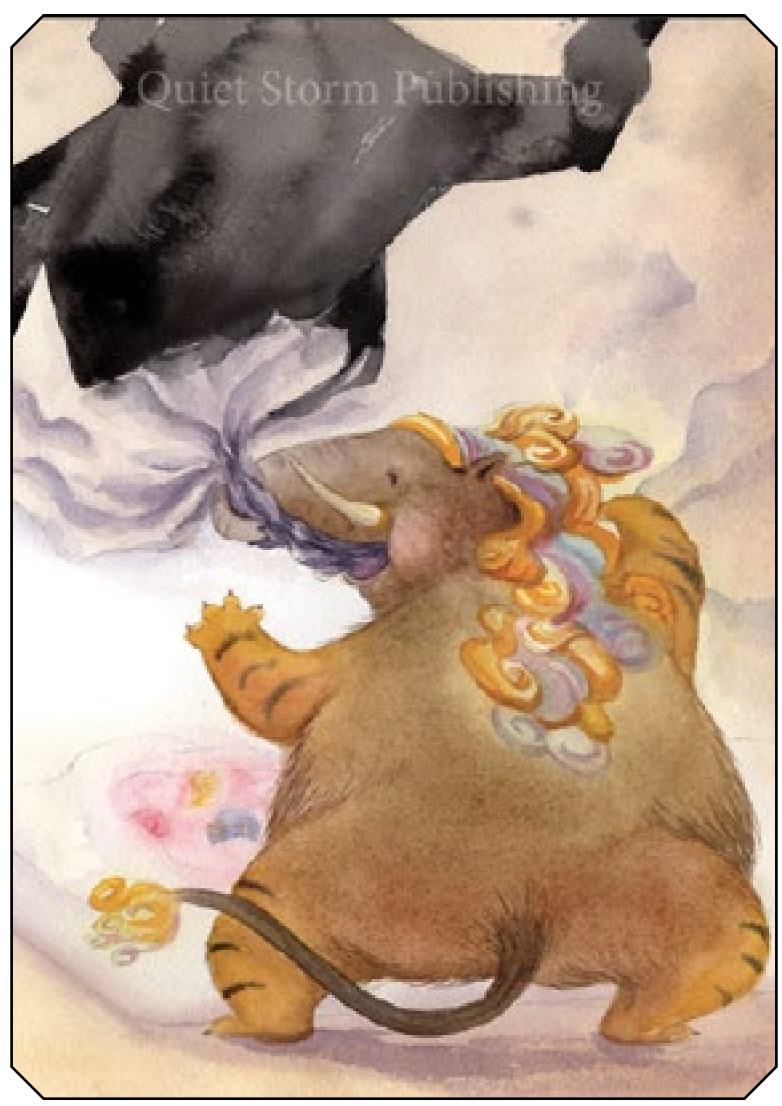
I did some more research and discovered that the dream eater was seen more as a protector. To make the dream eater friendlier and more relatable, I needed to give the dream eater its own wants and needs. A goal. It would have to enjoy eating nightmares, and they would serve as fuel to keep it going from place to place. Until one dream didn't fill it up, so it needed to eat something good to keep going.

Then I focused on the setting. Originally, I designed the story so that Yasuko was Japanese and lived in Japan. But a critique partner suggested I rewrite the story from my own perspective, as an American married to a Japanese person, experiencing the culture as a foreigner. When I had my daughter, it made even more sense. I could see firsthand what it meant to be a child with two distinct backgrounds, American and Japanese. Yasuko would live in America and visit her Japanese grandmother in Japan.

But this was turning into more than just a story about my bicultural daughter. This was turning into a story about me. My journey to immerse myself in Japanese culture and my decision to embrace it. When I realized that Japanese people don't typically say I love you or hug each other to show affection, it really made me wonder if I could fit in without openly expressing love.

On our last trip to Japan, while visiting my husband's grandmother, I had my eureka moment, where everything clicked into place. For years now, I had embraced the sort of high five motion that Japanese people do with their hands both as a hello and goodbye. They would say "touch" and literally touch their hands together, palm to palm. Coming from the culture of the handshake and hand-holding, I embraced this custom wholeheartedly. As we were saying goodbye to my husband's grandmother, we touched hands together, holding each other's hand in a gentle squeeze. And that's when I felt it. A tiny hug. The love. I was no longer a foreigner, I was family.

I had all my main characters and my setting, but I was still missing something. What Yasuko wanted or thought she wanted more than anything in the world. At the time I thought it had to do with kites. It's a great tradition, but somehow kite-flying didn't serve as the right metaphor for the story. I had one line in my story already, a single metaphor, about origami, or one thing changing into another. A bad dream into a good dream. A creeping shadow into a loving grandmother. A monster under the bed into a friend. And the idea that we're all constantly evolving from one thing to the next—we're all made up of different parts. Just like the dream eater is made up of many different animal parts, we're made up of different backgrounds, cultures, and traditions. So Yasuko would start out making paper airplanes, but learn that cranes can also fly, and that her Japanese grandmother could still give her the love she needed in her own special way.



A. Kidd lives in the US but has travelled to Japan many times to visit family and for sightseeing. Japan feels like her second home. Although she dreams often, she hasn't needed to call the baku yet. A. Kidd is also the author of the middle grade fantasy, T*he Healing Star*. Find out more about her at www.akiddwrites.com.

SUSTAINABLE HEALTH

FROM OUR ARCHIVES

Fall Allergies
(please pass the tissues)



By Juli Johnson

Autumn is a welcome change after the hot and humid days of summer. Cooler days and nights, leaves changing colors and falling from the trees, pumpkins, bonfires, hayrides, and flannel invite us to get cozy and enjoy the transition to winter. However, for the folks who suffer from seasonal allergies, autumn isn't such a cozy time and winter can't get here fast enough!

According to statistics from the Center for Disease Control, one in three U.S. adults and one in four U.S. children suffer from seasonal allergies. For them, the fall season is a time of misery. Achoo!

What are seasonal allergies? Seasonal allergies involve an immune reaction to substances found in the environment and occur at different times during the year. They occur most often during spring, summer and/or fall. While nearly anything can create an overreaction from our immune system, there seems to be some common environmental culprits with seasonal allergies. The two most common allergens of the fall season are mold and ragweed.

Mold can be a result of high humidity and rain from mid-summer to late fall. Outdoors, mold can be found in compost piles, rotting logs, mulch, wet and decaying leaves, grass, grains, outdoor furniture, fabrics, and clogged gutters—any damp place that doesn't get a lot of air circulation or sunshine. Mold can be easy to spot on cement and fabrics. It comes in a variety of colors: black, gray, blue, and green. Sometimes a fuzzy white substance can be seen on decaying matter. The most common types of outdoor mold are Alternaria, Aspergillus, and Cladosporium. When the fall winds blow those leaves around, you can bet the mold spores are airborne too! All three of these molds cause respiratory discomfort.

Ragweed Pollen: Ragweed is the most common culprit of fall allergies.

Hay fever is a name given to ragweed allergy which is silly since ragweed has nothing to do with hay, nor does it cause a fever. What it does cause is a whole host of unpleasant respiratory symptoms! Ragweed is a weed that's part of the daisy family, and has a leafy, ferny style appearance. Ragweed plants can be found in nearly all states and Canada but is most commonly found in the East and Midwestern states. Ragweed only lives for one season, but each plant produces up to one billion pollen grains per day. That's a whole lot of pollen! When the nights start to get longer in late summer is when ragweed flowers mature and begin to release their pollen. The pollen is very light weight, so it travels through the air easily. The pollen release can continue until the first frost. For some, I'm sure, it feels like an eternity!

Both mold and ragweed sensitivities share the same symptoms: runny nose, stuffy nose, watery eyes, sneezing, wheezing, coughing, fatigue, itchy rashes, headache, dark circles under eyes, loss of taste and smell, and sometimes the worsening of asthma.

Finish reading the article to learn more about fall allergies and how to treat them !

FROM OUR COVER

Kindred Conversations with Hilary Nichols

Dancing with the Elements: The Ecstatic Journey of Andrew Werderitsch and Our Play Ground.

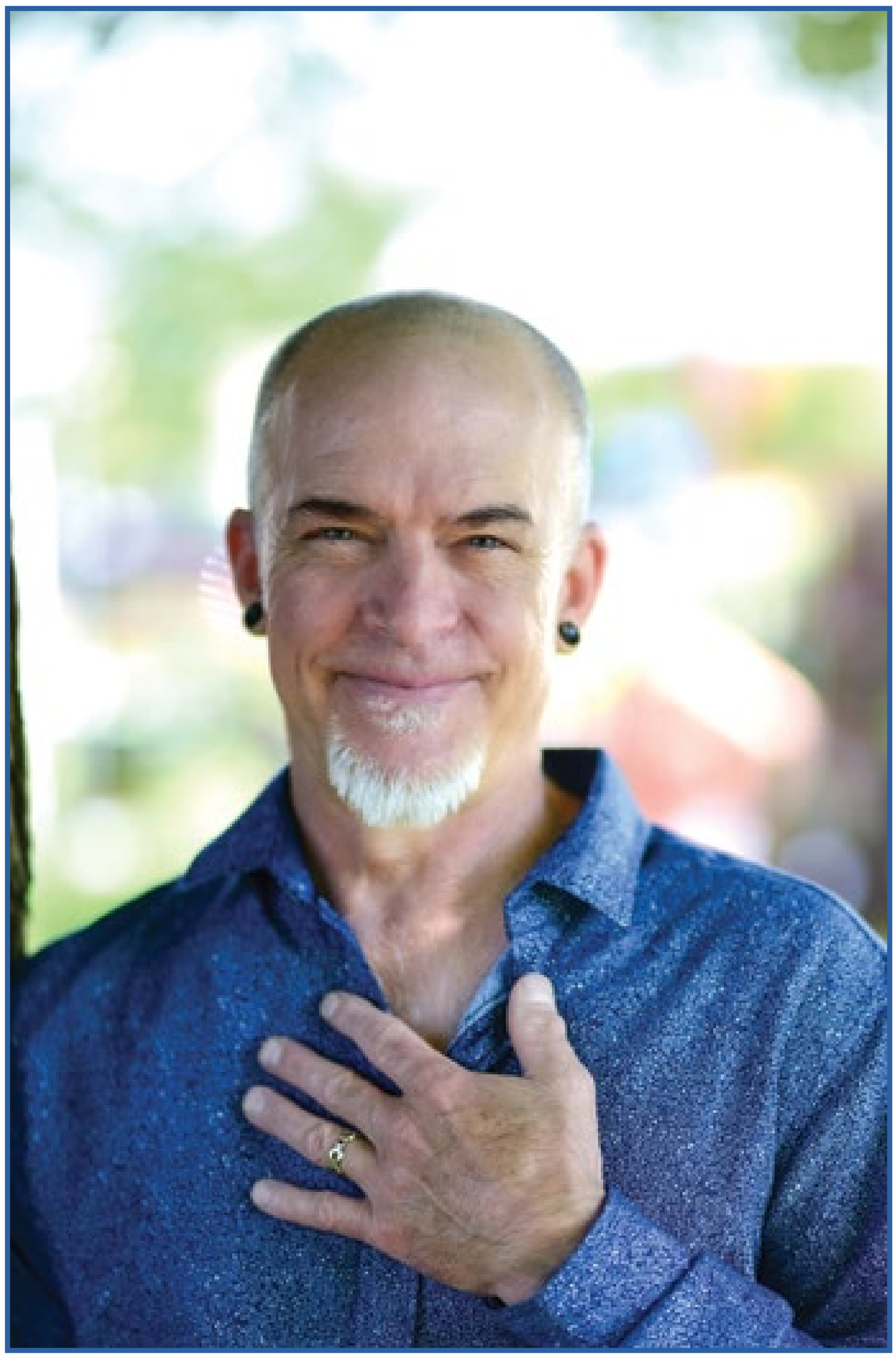
Story and Photos by Hilary Nichols

If music is playing, Andrew Werderitsch will be moving to it. As the creative force behind Elemental Ecstatic Dance in Ann Arbor, Werderitsch is in his element on a dance floor. He bounces and glides with an energy that is both grounding and transcendent. His commitment to his ecstatic dance is admirable. Werderitsch spends days hand-crafting his playlists before each Sunday, and often plays hand drums and his didgeridoo to add rhythms and vibrations to the room. It is this intimacy with the sounds that really define how Werderitsch honors this practice.

"I began dancing in Ann Arbor at the World of Wheels skating rink in 6th grade." He laughed. "It was a thing. Like studio 54 for teens. It kept me out of trouble, it changed my life. Music opened me up to so much," he shared. Then Nectarine Ballroom, now called the Necto in downtown Ann Arbor, doubled his devotion. "It was my first dance club. I was doing splits on that dance floor."

Dance clubs have their place, but Ecstatic Dance has reimagined the impact of dance and expanded it into a healing modality that allows participants to share in a more meaningful movement practice. "It is a full spectrum experience, flowing through joy, laughter, tears, catharsis, togetherness, and personal expression," Werderitsch said. "We've been dancing, moving, and playing as a species for countless generations. The settings of the grounds have changed over the years, but our need to gather together in ritual is still strong."

Dance clubs have their place, but Ecstatic Dance has reimagined the impact of dance and expanded it into a healing modality that allows participants to share in a more meaningful movement practice.



"Ecstatic Dance is not a new phenomenon," Andrew Werderitsch said. "Its roots can be traced back to ancient times, to the primordial rhythms of Gondwanaland circa 130,000 years ago. But for the sake of modern history, let's start in the year 2000 on the Big Island of Hawaii." Contemporary Ecstatic Dance was said to originate at a Yoga Studio and eventually spread to dance floors across California and then the world over.

As yoga and other dance classes have grown in popularity, this sort of dance practice still might be unfamiliar to many. But music and movement is in all of us. "At some point in my life," Werderitsch recounted, "when I was watching drummers and hearing the rhythm, my body just had to move with it. The kinetic link was so palpable and when the music drops into me, my body becomes the physical manifestation of the sound, all the elements of the music animate and express through me."

It was in Australia that Wederitsch first broke through his final hesitation. He lived near Byron Bay area for years and it was there he recalled that, "I was the first one, I just went out to the empty dance floor and started boogeying down. I broke the ice. Then the floor filled. From that point on, there was no qualms to dance." His devotion doubled and led him to dances of all sorts.

Werderitsch shared on his Facebook page, "I had already spent over a decade immersed in the world of Gabriel Roth's 5 Rhythms—a dance practice developed in the mid-70s that involves moving through five distinct rhythms: Flowing, Staccato, Chaos, Lyrical, and Stillness." From this modality Werderitsch found Ecstatic Dance to be a natural progression to center dance as a form of self-expression and healing in his life. "Today I find myself filled with gratitude for the vibrant dance communities that have blossomed in places like Detroit and Brighton." Though at the time there was no weekly Sunday morning dance in Ann Arbor.

We've been dancing, moving, and playing as a species for countless generations. The settings of the grounds have changed over the years, but our need to gather together in ritual is still strong.

—Andrew Wederitsch

As a dancer myself, I cherish the creativity and freedom to interpret the music as it lifts and inspires my movement. Even though I had to overcome my inhibition, I found Ecstatic Dance to be consistently uplifting. The two hours of movement opened my spine and my heart. When I moved to Ann Arbor in 2010, I discovered an early incarnation of Dance Church in a light-filled loft on Liberty Street and followed its growth, moving locations through four studios, before it disbanded around 2020. In its place other Ecstatic Dance offerings have gathered locally on Friday nights, or one Sunday afternoon each month. Listings to find these and other Ecstatic Dance events are on the 'Ecstatic Dance A2' page on Facebook. In 2022 Werderitsch moved from Nevada City, California back to Michigan and now lives in Chelsea with his two sons, Cypress and Cosmo, and wife, Anna. Drumming and dance gatherings helped them discover their footing here. From our first meetings it was clear he and I shared a passion and a need for the practice of Ecstatic Dance.

On his 'Our Play Ground' Facebook group, Werderitsch had been putting out feelers for nearly a year, hoping someone would step-up and fulfill that need. His criteria for a great gathering were well defined. He wanted a soft wood floor to dance on and the best music to move to. When no one else would, he realized he might have to be the one to step up. He reached out to dancers to build a team, and I came forward to be the encouragement and sounding board he needed to enact this vision.

On February 11, 2024, his first Elemental Ecstatic Dance event opened its doors. In April they moved to A2 Yoga Studio for a free-form movement gathering held weekly on Sunday mornings. Drawing inspiration from Gabriel Roth's 5 Rhythms, Werderitsch curates the music to guide the dancers through a wave of elemental energies: from the gentle flow of water to the grounding pulse of earth, the wild heat of fire, the breezy nature of air, and finally, the stillness of the void.

Dancers and movers bounce around each other like molecules, never touching but dividing the dance floor smoothly. Others sit, meditate, stretch, and rest on the mats. The music can be familiar, but often more ethereal and melodic tracks evoke all the emotions expressed through dance. Werderitsch mused, "I never disconnected to the dance throughout life. It shifted from disco to funk and then new wave to electronic to world music, which led me to this devotion for a truly eclectic collection of sounds that move me."

This weekly daytime event is crafted with deep intent, reflecting the community's need for such a practice and its appreciation for it. "I feel my offering of this is unique," Werderitsch said, "as a lover of so many different genres of music, and as a dancer, I know dance music. And I am open to learning more for sure. I hope to be that elderly gentleman that can still boogey down when the time calls, dancing until the end."

The premise seems so simple, an open space and a good playlist, but the shared practice continues to surprise and inspire, as dancers share the journey they have traveled through their imaginations, the elements, and a true mind, body, and spirit experience.

Dancers come to the practice for so many reasons. "As I fell out of alignment with late nights and bar crowds, a friend introduced me to Ecstatic Dance," Ashley Lisi said. "Now, the medicine of movement hits much deeper, as I find myself honored and held by a like-minded community in pure consciousness. Plus, it's a wonderful way to make new friends!"

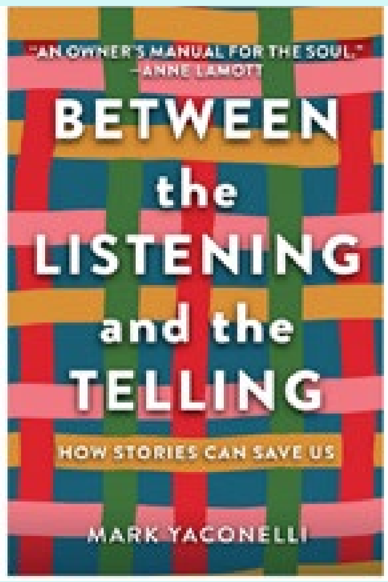
Friendships are made and deepened through dance. At the closing circle participants sit together to introduce themselves and share a bit about their experience. This is where the most profound and the practical, the exuberant and the divine expressions of each dancer expand an individual practice into a community experience that can elevate the simple gathering into a profound place of catharsis and connection.

Brandy Boehmer shared, "Dance has been a really important part of my healing journey. Andrew takes genuine care in creating a smooth musical flow, as it allows our own journey through any range of emotions that may come up during the set. This creates a freedom for the mind and body to play together in movement and the remembrance that life is a dance!"

A new dancer Ari G. shared that, "This is an incredible community that fosters self-expression, movement, and radical authenticity. In a world where something is constantly expected of you, Andrew has created a space where you can come as you are and experience kindness, curiosity, and openness."

The premise seems so simple, an open space and a good playlist, but the shared practice continues to surprise and inspire, as dancers share the journey they have traveled through their imaginations, the elements, and a true mind, body, and spirit experience. Class ends, but the effect carries through the week in smiles and joy and friendships of this shared happiness practice.

CW Book Picks
of the month

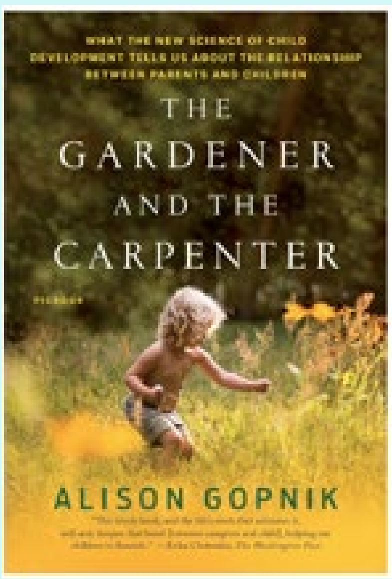


Stories tether us to what matters most: our families, our friends, our hearts, our planet, the wondrous mystery of life itself. Yet the stories we've been telling ourselves as a civilization are killing us: Fear is wisdom. Vanity is virtuous. Violence is peace. In the pages of Between the Listening and the Telling, storyteller, author, and activist Mark Yaconelli leads readers into an enchanting meditation on the power of storytelling in our individual and collective lives. We tell stories to remember who we are. We tell stories to savor the pleasure of living. Stories can be medicine, and they can transform entire communities.

Through his work with The Hearth nonprofit, Yaconelli has spent thousands of hours listening to people as they grieve loss, deepen friendships, strengthen families, shed light on injustice, and recover hope. In this moving exploration he shows us how individuals and communities can recover the practice of storytelling to address the despair of climate change, the trauma of school shootings, the tragedy of undocumented immigration, and the daily struggle for meaning.

With a foreword by Anne Lamott, *Between the Listening and the Telling* offers an alloy of story, commentary, and meditation. In an era of runaway loneliness, alienation, global crisis, and despair, sharing stories helps us make a home within ourselves and one another.

Purchase your copy of *Between the Listening and the Telling* at shopcrazywisdom.com

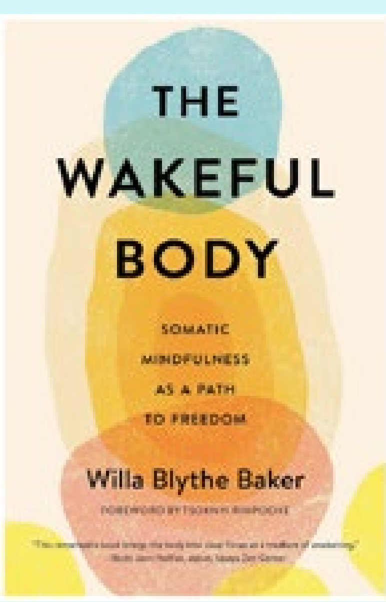


Caring deeply about our children is part of what makes us human. Yet the thing we call "parenting" is a surprisingly new invention. In the past thirty years, the concept of parenting and the multibillion-dollar industry surrounding it have transformed child care into obsessive, controlling, and goal-oriented labor intended to create a particular kind of child and therefore a particular kind of adult.

In *The Gardener and the Carpenter*, the pioneering developmental psychologist and philosopher Alison Gopnik argues that the familiar twenty-first-century picture of parents and children is profoundly wrong—it's not just based on bad science, it's bad for kids and parents, too.

Drawing on the study of human evolution and her own cutting-edge scientific research into how children learn, Gopnik shows that although caring for children is profoundly important, it is not a matter of shaping them to turn out a particular way. Children are designed to be messy and unpredictable, playful and imaginative—and to be very different both from their parents and from each other.

Purchase your copy of *The Gardener & the Carpenter* at shopcrazywisdom.com



A highly practical and approachable guide to somatic meditation with easy practices for accessing the body's inherent mindfulness, from an expert in somatic meditation.

Tap into the wisdom of the body with down-to-earth practices like "Surrendering to the Breath" and "Befriending Feelings" that allow the body to become the source of mindfulness. Willa Blythe Baker introduces meditation practice as the cultivation of a way of being, rather than a way of doing. It is a way of being that is self-aware, self-compassionate, and embodied. This way of being is not limited to practice on the cushion or on the yoga mat--somatic mindfulness is available at any moment, activated by attention to the body's wisdom and its teachings.

Discover the three layers of embodiment, from the earth body of flesh and blood, the subtle body of sensory experience and emotion, and the awareness body of consciousness. The three parts of this book explore these layers through turning attention to the physical, energetic, and mental dimensions of human experience. By diving deep into the body, readers will find that they already have what they need. Concentration, wisdom, compassion, kindness, and joy are waiting there.

Purchase your copy of The Wakeful Body at shopcrazywisdom.com



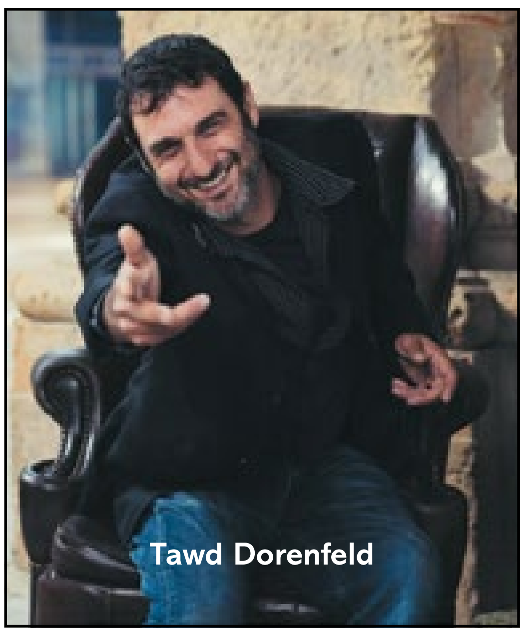
By Lynda Gronlund

TINKTANK ANIMATE

Tink Tank Animate was founded in 2018 by writer, producer, director, and animator Tawd Dorenfeld.

Tink Tank is a center in Detroit that helps people on the autism spectrum and those with other forms of neurodiversity to learn the art of storytelling through their medium of choice, whether that be film, music, theater, animation, writing, illustration, or nearly anything one could think of to get a story across.

Tink Tank refers to the people it serves as "artists" not students. This, explained Dorenfeld, is because he wants them to feel empowered, and like a professional, even as a novice. The artists work with mentors— professionals who work in creative fields. Dorenfeld himself had a 25-year career in film in LA before moving to Detroit with his wife. He said that it is important that the mentors working for Tink Tank are professionals working in the field "so that the artists respect us."


Tawd Dorenfeld

His own beginning in working as a mentor to a neurodiverse artist came when a friend asked him to teach his daughter, who was on the autism spectrum, stop-motion animation. He had never taught anything before. She already enjoyed making sculptures and became so good at stop-motion animation that she eventually was admitted to California Institute of the Arts (CalArts) which is considered the best animation school in the United States. Her story got the attention of a school in LA called Exceptional Minds Academy which teaches vocational skills to autistic students who are interested in working in animation, visual effects, and related industries. They contacted Dorenfeld and asked him to teach for them.

The Tink Tank building, located on Livernois in Detroit, is a full studio equipped with a cyclorama soundstage, theater for plays and screenings, stop motion studio, vocal and music booths, and a digital lab with multiple computers. Dorenfeld has developed and implemented ways to work with neurodiverse artists that help them organize their thoughts and reduce the overstimulation often experienced in the storytelling process. Artists choose the mediums they are interested in and matched with mentors who know those mediums. "If there's something you want to get good at, we have someone who can help," he said. He noted that they focus on getting something completed, because "completion breeds success." After one project is complete, more can be taken on. The process, he explained, is therapeutic. Storytelling is self-expression, and Tink Tank's artists are "expressing themselves as a professional artist would express themselves." Artists come from the Detroit area and also from around the country through Zoom sessions. Dorenfeld said that the process of converting to a nonprofit organization will be complete around the end of 2024, and this will enable them to become a much bigger organization that can serve more people and support bigger projects including feature length films. He also intends to create a managerial and distribution section to the operation to help artists get their work out into the world. Tink Tank works with neurodiverse artists of all ages from eight to 100.

More information about Tink Tank Animate is online at tinktankanimate.com. Questions may be directed to info@tinktankanimate.com.

FROM OUR CURRENT ISSUE

Fall Into Fitness — Seven Fun Ways to Ease into Fitness



By Angela Verges

Do you remember when you were a child and you watched mom or dad rake all the orange, yellow, or brown leaves scattered on the lawn into a pile? I remember how that pile was as high as my waistline (now I can't even see my waistline), and it was just waiting for me to fall into them. And I did. Nowadays, I think of fall as a great time to refocus on fitness.

Fall offers unique fitness opportunities such as apple picking, pumpkin carving, and fall-themed walks which can make exercising more fun. But, I experienced an even more unique fitness opportunity recently: I accidentally engaged in a new workout—a Lycra Lunge-a-thon.

I experienced an even more unique fitness opportunity recently: I accidentally engaged in a new workout—a Lycra Lunge-a-thon.

My fitness journey has consisted of many forms of exercise, but this workout was a Cardio Carnival. In my mind there was a ringmaster announcing, "Next up a feat never seen before…." The culprit of my woes was a new pair of leggings that were on sale and cute. The long adhesive removable tag affixed to the leg read *Large*.

There were no fitting rooms at the store so I grabbed the size I would typically wear and bought them without trying them on. As I attempted to try the pants on at home, I realized the label was misleading.

Instead of giving shoppers the size information, there should have been a warning that stated: *Due to shortage of supplies, less material was used to make this garment.* If that statement was attached somewhere, I would have known to purchase the next larger size.

It's good to add variety to your workout; it's like trying different seasonings on your food– fresh basil, chopped green scallions, and lemon zest. But this workout variety I was embarking upon was more like a variety show. It was like playing a game of *Twister*—left foot in, right hand reach, and pull pant leg. I was thrown into this workout without a warm-up; it was an immediate high intensity training.

There was no time for deep breathing. It was rapid fire, short quick breaths. I had a flash back to child birthing class where we practiced breathing using the phrase, "*he, he, whooo; he, he, whooo.*"

There was no time for deep breathing. It was rapid fire, short quick breaths. I had a flash back to child birthing class where we practiced breathing using the phrase, "*he, he, whooo; he, he, whooo.*"



I was worried the leggings wouldn't make it over my protruding belly. I quickly discovered there was no need for worry. The elastic high-rise pants barely made it over my knees and refused to stretch up any further.

The leggings gripped my legs like a stiff exercise band. I left them there and began doing squats, standing donkey kicks, and other cardio moves I learned over the years. After a few minutes of intense fighting with the pants, I gave up and began the cool down.

In a seated position on the floor, my breathing became slower and more deliberate. I moved like a contortionist as I struggled to remove the leggings one leg at a time. After the heavy breathing subsided, I relaxed my body, then threw the ball of spandex across the room. I'd had enough of the Lycra Lunge-a-thon.

Whether it's an evening walk, early morning stretches, or riding a Peloton bike with a virtual coach, I have done them all at some point. I'm learning that every day is another opportunity to start fresh. There is no expiration date for this journey.

When exercising, leave your jewelry at home; that lovely choker necklace you're so fond of, can pose a choking hazard. You don't want it to live up to its name.

Here are seven tips for fun fall fitness:

1. The next time you're in a store fitting room struggling to try on merchandise or squeezing into an outfit at home, flex your muscles, and count it as exercise.

2. When exercising, leave your jewelry at home; that lovely choker necklace you're so fond of, can pose a choking hazard. You don't want it to live up to its name.

3. Think outside the box: decorate for the harvest season with bales of hay and pumpkins, and you have all the equipment you need for fall fitness. Hay bale burpees provide a rustic twist on this intense workout.

4. Balance your fitness with fun, fall foods. You determine what that looks like. I told a friend about how I struggle with stubborn menopausal belly fat. She suggested that I try eating according to my blood type. She asked, "Do you know your blood type?"
   I said, "Yes it's O…besity."

5. Add the element of layer management to your workout. If you have ever experienced menopausal symptoms, now is the time to use them to your advantage. You may have heard how night sweats and hot flashes can resemble a game of Hokey Pokey–leg in the cover, leg out of the cover. Then there's jacket on, jacket off, right arm in, left arm out. As you are constantly putting on and taking off layers, you are stimulating muscles and joints.

6. Make your fall workouts comfy and cozy. Considering the temperatures are cooler in the fall, pull out your favorite yoga pants that are threadbare, because, well, they're your favorite. Grab that weather beaten hoodie that you only wear around the house. Create your cozy ensemble and be uniquely you.

7. Stay positive. Focus on the benefits you're gaining. Celebrate small victories along the way. Remember what humorist Erma Bombeck once said, "If you can't make it better, you can laugh at it."

Don't give up on your fitness journey. Make it a sustainable part of your lifestyle. When you hit a speed bump, go over it, and keep moving. Remember to laugh often, laugh loudly, and love every minute of it. Laughter burns calories.

Angela Verges is a native Detroiter who blogs about her wacky kids, weight gain, and wild chin hair, among other things. She views life's situations uniquely through steamed eyeglasses due to hot flashes. You can find her on stage bringing laughter to others. Follow Verges on Instagram at writermama223, on Facebook @angela.verges or visit her website angelaverges.net.



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Autumn Wild Crafting



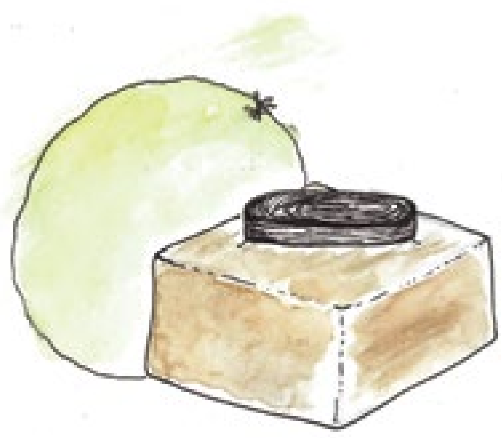
Written and illustrated by Karen Quinn

Autumn is the season of bounty, and it's so easy to end up coming home after a wander into the natural spaces around us with pocket loads of natural treasures. Why not engage in some creative crafting with your harvest? Here are a few of my favorite autumn wild crafts to make the most of your gathering.

Black Walnut Ink

If you find yourself along a trail littered with these citrus-looking fruits, gather a few of them up and try making your very own ink! I find I only need about ten walnuts for a nice, small batch. Make sure they are yellowish-brown and well-bruised, but take care when putting them in a pocket. The tannin, or *black ink,* they weep will stain your clothes. I suggest putting them in a basket or a bag to transport them home. The hulling process is outlined in the Fall Foraging article on page XX, so check there for that step-by-step process, and be sure to take note of the preservation methods for the nuts. You'll already have them, so you might as well eat them!

Supplies:



- An enamel or steel pot: *Don't use a pot you cook food in! Once used, this pot will become your ink pot or "experiment pot" as I call it.*
- Cheese cloth, sieve, or fine mesh strainer; *Again, don't reuse it for cooking food.*
- Bucket: *you can reuse the bucket that held your husks after hulling them.*
- Paper and paintbrush: *for testing the ink as it darkens.*
- Ingredients:
- 10-20 black walnut husks
- Baking soda
- Water
- Clove Buds

Once you have the husks, take stock of how much you seem to have and find a pot that you don't mind using for experiments (you shouldn't use it for food again). If you don't have an *experiment pot*, a quick pop over to your local thrift store will do the trick. Once you have chosen your new ink-making pot, add the husks to the pot and cover them with water. Add a teaspoon of baking soda to help the husks release the tannins that make the ink. Bring the pot to a gentle boil, then turn the heat to low. Let it boil for about five minutes, then turn off the heat, and let the hulls steep for at least one hour up to overnight, uncovered. Test the ink after an hour. If you want a darker ink, simply let it sit longer. Once you have reached your desired color saturation, place the cheese cloth, sieve, or strainer over the bucket and pour the contents of the pot through. Then, transfer the ink into jars. I add about five clove buds to each ink jar to help keep it from molding.

I love using my homemade inks as watercolor pigments in my paintings. If you want a range of color, you can pour the ink off at different steep times to get variations in the pigment as well. Happy experimenting!

Pinecone Bird Feeders

There is nothing I love more than a warm cup of tea as I watch the birds at my bird feeders in the morning. So, naturally, one of my favorite autumn crafts is for the birds! As I wander the forests each autumn, I always come across pinecones that can be used for these quick, fun feeders. I like to choose cones that are a little larger (more surface area means more seeds and bigger birds!) and "open" meaning the scales are spread out. Once you've procured your perfect cones, it's time to craft.

Supplies:

- Pinecones; *large, open scaled*
- Peanut butter: *I have used smooth and chunky, both work great.*
- Bird seed: *I use a wild songbird mix*
- Twine or string
- Scissors: *to cut the twine/string*
- A plate or cookie sheet; *for a work surface*
- A bowl: *to hold your birdseed*
- A butter knife: *for spreading the peanut butter*



Now, I've seen some sites telling you to bake your cones, but that is absolutely unnecessary. Baking kills any bugs or fungus so you don't end up with a moldy garland or a bug eruption from your natural potpourri, but birds love eating bugs, so just let them be.

Prepare your space before you start the project to keep the peanut butter explosion to a minimum. Put your supplies on a table and pour your bird seed into the bowl. This makes the flow of creation much smoother and cleaner.

Our first step is to tie the twine or string to the top of the cones. I tend to tie all the cones before I start working with the peanut butter. I usually tie a slip knot and weave it through the top few scales and make a knot at the rachis (top of the cone), leaving a large loop on the top. But it really doesn't matter how you do it, so long as the cord is secure and the loop at the top is large enough to use as a hanger.

Now comes the fun and messy part—coating the cone in peanut butter. I personally put my peanut butter right on my work surface and roll my cone in it for the first goopy layer. Then I use the knife to add or move the peanut butter around, so it gets a good, even coating. Again, it doesn't really matter how it happens, so long as the end product is an evenly coated pinecone. The more peanut butter there is on the cone, the longer the feeder will last and the more seed you can stick to it. More seed equals more bird watching fun.

Once you are happy with your peanut butter application, simply roll the pinecone in the bowl of seed. You can add seed into specific areas by hand to fill it out.

Last step (after cleaning up, of course!) is to hang your homemade feeders out for your bird friends to enjoy! There's no right or wrong way to hang them, but I do keep in mind the bird's safety when I place them, making sure to hang them in a slightly covered area so they aren't out in the open for raptors to snatch up while their guard is down. There is also the fun game of *Squirrel Keep-Away* to consider, so trying to hang them in a way that doesn't lend itself to squirrel shenanigans is also encouraged. But, most importantly, hang them somewhere you can enjoy the show as your bird friends enjoy the fruits of your labors.



Natural Garlands

This may be, far and away, my favorite craft for displaying my autumnal treasures. All you need is your favorite gathering basket, your favorite wandering path, the bounty of the season, and a length of cording to create memorable decorations each time you wander the natural world.

As you walk, pick up literally everything that makes you happy. Colorful fallen leaves, nuts, seed pods, mushrooms, small stones, pieces of wood and bark, fruits, flowers, bones, shells, you name it! Just pop them into your basket and when you've finished your wanderings, head home for craft time.

Supplies:

- Cording: *this can be any kind of natural cording or rope. Just make sure it will break down over time and doesn't contain plastics or dyes.*
- Scissors

Now let's get creative! If you have a large, blunt embroidery needle that you can fit your thread through, this makes the process of garland creation fairly simple. Once you have thread your needle, you can "stitch" your treasures onto your cord. If you don't have a needle, a nail or any other sharp object will work to punch holes into your supplies to thread your cord through. Make your garland as dense or sparse as you like, what's important is you enjoy it. If you want to keep your treasures in certain spots on the cord, tie a knot on either side of it so it doesn't slide around.

Get creative! If you found a stone you liked, try wrapping it in the cord or a thin wire and then hanging it from the main strand. Shells and bones can be attached in the same manner. You can tie cinnamon sticks onto the garland, as well as dried slices of oranges and apples to make a tasty garland that can go outside to feed the wildlife in your yard. It also makes for a lovely garland that will lend itself to the festive decorations of the winter season as well. The best part is, once you're finished with your garland, you can remove any treasures you want to keep and release the rest back into nature.

Happy Crafting!

Karen Quinn is a writer and artist who homesteads on a rural urban farm in Livonia, Michigan with her husband, son, and menagerie of animals. Her favorite things are napping, exploring, and drinking tea.

Find more hand crafts on our website!

Resources for Conscious Living

Live Music has returned to Crazy Wisdom!

Check out the lineup online



Resources for Conscious Living

The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

September through December 2024

Calendar edited by Kaili Brooks

A Course of Miracles

A Course in Miracles (ACIM) Study Group with Rev. David Bell & Randall Counts • Mondays, September 2 through December 30 from 6:45 to 8:00 p.m. OR Thursdays, September 5 through December 26 from 7:30 to 8:30 p.m. • Practical application of course principles to daily life. Text and study materials are included. FREE, donations gratefully accepted. For more information, visit interfaithspirit.org.

Art and Craft

Wheel Throwing Course with Throw Art Studio • Ongoing Wednesdays, Thursdays, Fridays, & Saturdays • Times Vary • Learn to wheel throw in six sessions and receive an in-depth look at the ceramic creation process. Keep what you make! Bright, open studio space with cafe on-site. New sessions start at the beginning of each month with classes available morning and evening, weekday, and weekend. $279. For more information visit throwannarbor.com.

Solo Exhibition of Simon Ha's Paintings: Elemental Revelations with Raymond James Ann Arbor • Thursday, September 19 through Tuesday, November 19 • Opening Ceremony 4:30 to 7:00 p.m. • Ha's solo exhibition, aptly titled "Elemental Revelations," invites visitors to immerse themselves in the profound and often unseen forces that shape our existence. At the heart of this exhibition lies the central theme of sudden revelations about the elemental forces working within and around us. These abstract acrylic paintings serve as both a visual and emotional journey, inspired by the invisible yet palpable energies that influence our daily lives. Located at Raymond James and Associates, 350 S Main St #100, Ann Arbor, MI 48104. FREE. For more information visit simon-ha.com

Artalicious Fine Arts Fair • Saturday, September 21 from 11 a.m. to 7:00 p.m. & Sunday, September 22 from 11:00 a.m. to 5:00 p.m. • Artalicious is the perfect mix of fine art, food, and entertainment. Featuring more than 60 talented local and regional artists, you are sure to find something that speaks to you. Ongoing live music and free parking. FREE. For more information visit artalicious.org.

Harvest Art Market with Silver Maples of Chelsea • Saturday, October 5 • 10:00 a.m. to 4:00 p.m. • A juried, fine arts and crafts market at the beautiful Silver Maples of Chelsea. Many local artists and craftsmen. Find something beautiful for your holiday decorating or gift giving needs. FREE. For more information visit silvermaples.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Wednesday, October 16, 23, & 30 • 6 to 7:00 p.m. • This series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robinlily@outlook.com.

2024 Art Auction with the Prison Creative Arts Project • Saturday, December 7 • 6:30 to 9:00 p.m. • The Art Auction raises funds for the 29th Annual Exhibition of Artists in Michigan Prisons. Admission is free. As a fundraising event, we offer the opportunity to contribute by covering event costs for yourself or sponsoring attendance for another guest. FREE. For more information contact PCAP staff at pcapinfo@umich.edu or visit prisonarts.org.

Candle-making and Crafts with Deanne Bednar • Sunday, December 8 • 10:00 a.m. to 4:00 p.m. • Enjoy the aroma and peace of making dipped beeswax candles and other natural earth crafts at Strawbale Studio. $50 including materials. For more information visit strawbalestudio.org.

Ayurveda

Ayurveda for Well-Being with Kapila Castoldi • Sunday, October 20, 27, & November 3 • 2 to 4:00 p.m. • Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential. The series will focus on understanding our unique mind-body type, living in tune with our nature, and achieving the body-mind balance that brings about harmony and happiness in life. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Book Discussion Groups

Crazy Wisdom Book Discussion Group with Bill Zirinsky • Thursday, September 27 • 7 to 8:30 p.m. • Featuring *A Post-Truth World: Politics, Polarization, and a Vison for Transcending the Chaos* by Ken Wilber. The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book discussion titles will be available at Crazy Wisdom at 20% off. FREE. For more information contact Bill at billz@crazywisdom.net.

Crazy Wisdom Monthly Book Discussion with Rachel Pastiva • Friday, October 25 • 7 to 9:00 p.m. • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book discussion titles will be available at Crazy Wisdom at 20% off. October 's pick: Unwell Women: Misdiagnosis and Myth in a Man-made World by Elinor Cleghorn. FREE. For more information contact Susan at eventsandbookings@crazywisdom.net.

Book Events

Zelu Distro Zine Launch Party with Bloodroot Herb Shop & Zelu Zine Distro • Thursday, September 10 • 2 to 4:00 p.m. • Zine launch party with Zelu Zine Distro. Come enjoy a wide variety of no-cost zines, herbal mocktails and tea, a sticker shop and merch sale, and a Do-It-Yourself zine station! FREE, donations welcome. For more information visit bloodrootherbshop.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, September 1 & 15, October 6 & 20, November 3 & 17, December 1 & 15 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Meditation sitting with Various Presenters • Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Kenneth at (734) 678-0264.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 26, December 3, 10, 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. The sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

The Bodhisattva's Way of Life: Chapter 6 Beginning with Patience with Demo Rinpoche • Thursday, September 5, 12, 19, 26, October 3, 10, 17, 24 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This series focuses on chapter 6 - patience. Online or in person. Free, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation Workshop with Khenpo Tshering Chophel • Saturday, September 7, 14, 21, 28, October 5, 12, 26, November 2, 9, 16, 23, December 7, 14, 21,& 28 • 10:30 to 11:30 a.m. • Buddhist monk Khenpo Chophel teaches new meditation techniques, leads meditation, and facilitates discussion about people's meditation practice. FREE; donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Buddhism and the Beats with Professor Roger Jackson • Saturday, September 14 • 10:00 a.m. to 1:00 p.m. • This workshop focuses on the place of Buddhism in the lives and poetry of seven Beat authors: Jack Kerouac, Philip Whalen, Gary Snyder, Diane di Prima, Bob Kaufman, Joanne Kyger, and Allen Ginsberg, situating the Beats within American literary and religious history and exploring their works' approach to Buddhism. $75 Jewel Heart Members/$90 Non-Members. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Dharma Talk with Khenpo Chophel • Saturday, September 7, 21, October 5, November 2, 16, & December 7, 21 • 12 to 1:00 p.m. • Dharma talks cover a wide range of topics in Buddhism, with opportunity for group discussion. A good way to get acquainted with Karuna Buddhist Center and Khenpo Chophel. Topics will be announced closer to each date and can be found on our website and Facebook page. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

GOM Day of Meditation with Jewel Heart Instructors • Saturday, September 28 • 9 a.m. to 6:00 p.m. • Meditation is an essential tool that helps develop peace and joy, as well as the power to deeply understand wisdom. The day includes a practice session with light guidance. Instructors available for your assistance. Silence will be enjoyed throughout the day. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Three Yanas Fall Meditation Retreat with Khenpo Tshering Chophel • Friday, October 18 & Saturday, October 19 • 7:00 p.m. Friday to 7:00 p.m. Saturday • Participants will learn about and practice three meditation techniques found in the three yanas or vehicles of Buddhism: Shamatha (calm-abiding), Tonglen (sending and receiving), and visualization meditation. Retreatants can stay overnight at the retreat center or off-site. $75, + additional for Friday night stay and meals if desired. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

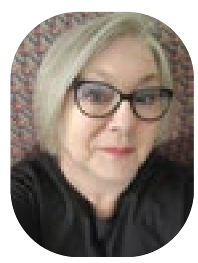
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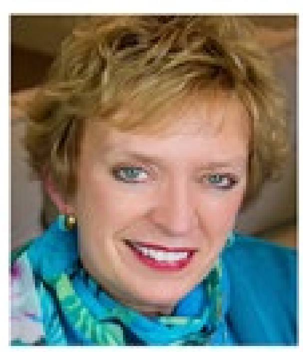
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Sunday Celebration with Interfaith Center for Spiritual Growth • Sunday, September 1 through December 29 • 10:45 a.m. to Noon. • Each Sunday, in person and on Zoom, we explore universal truths from all spiritual paths. Donations gratefully accepted. For more information, visit interfaithspirit.org.

INAI: A Space Apart Ritual Closing with the Weber Center • Wednesday, September 4 • 2:00 p.m. • INAI: A Space Apart is in a time of transition as we close the current location next to Weber Center and move to the Madden Hall Building on the motherhouse campus. We look forward to opening a new art gallery and reading room in the near future. These openings will be announced in the Weber Newsletter. FREE. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Resources for Conscious Living







Resources for Conscious Living

Autumn Equinox with Sister Esther Kennedy • Sunday, September 22 • 3:30 to 4:30 p.m. • Harvesting the gifts of the ancestors. Each of us comes from people who were once indigenous. We gather in circle to honor and celebrate them in song, story, and dance. FREE. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Dances of Universal Peace to Celebrate Winter Solstice with Susan Slack • Friday, December 13 • 7 to 8:30 p.m. • The Dances of Universal Peace is an interactive, moving meditation practice. Certified leaders share simple chants from Earth's sacred traditions that we sing while moving gently to live music. Joyful, contemplative, and community building. All welcome. $10 suggested donation. For more information contact Susan at peaceinacircle@gmail.com or visit DancesofUniversalPeace.org.

Winter Solstice Lighting of the Fire with Sister Esther Kennedy • Sunday, December 22 • 3:30 to 4:30 p.m. • Calling forth the wisdom of the ancestors. On this darkest night of the year, we listen and give voice to ancestral wisdom held lovingly within darkness and flames of fire. We gather in circle, sing and dance with hearts full of gratitude and love. FREE. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Channeling

Remembering Wholeness, Darshan with Barbara Brodsky & the Mother • Sunday, September 29, October 27, November 24, December 15 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $40-$120-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron with Barbara Brodsky • Wednesday, October 10, 30, December 11 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $30-$90-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Children and Young Adults

Finding Your Mind-Body Rhythm with Robin Lily Goldberg • Monday, December 9 • 6 to 7:30 p.m. • This workshop offers an oasis to adolescents ages 13-18. Through attuning to our thoughts, emotions, sensations, and environments, we'll rediscover our natural rhythms leading to intrinsic sources of support and delight. By embracing these resources, we can release stress, ride the waves of change, and enjoy the journey. $20. For more information contact Robin at robinlily@outlook.com.

Death and Dying

Death Café with Rev. Annie Kopko and Susan Thompson • Tuesdays, September 3, October 1, November 5, December 3 • 6:30 to 8:00 p.m. • A discussion group—rather than a grief-support group or counseling session—with no agenda, objectives, or themes. Meets on ZOOM. FREE, donations gratefully accepted. For more information, visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, September 7, October 5, November 11, December 7 • Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Hosted on ZOOM. For more information contact thedyingyear@gmail.com.

Ypsilanti Death Café with Acacia End of Life Services • Saturday, September 14, October 12, November 9, December 14 • 11:30 a.m. to 1:30 p.m. • The objective of Death Cafes is to increase awareness of death with a view to helping people make the most of their (finite) lives. It's a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session. FREE, donations welcome. For more information visit bloodrootherbshop.com.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, September 21, October 19, November 16, December 21 • 11:00 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month in the Meeting Room! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

The Dying Year End-of-life Doula Training with Merilynne Rush • Friday, October 18, 25, November 1, 8, 15, 22• 1 to 4:30 p.m. • Are you called to help others during dying and death? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. 100-page study guide includes resources and info on how to set up a business. No prior experience necessary. We emphasize cultural humility, understanding our biases, and reducing health disparities. Held on Zoom. $725; scholarships and payment plans are available. For more information email Merilynne at thedyingyear@gmail.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Monday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. $265 includes online study modules. For more information contact Merilynne at (734) 395-9660, or email thedyingyear@gmail.com.

Drumming

Drummunity Drum Circle with Lori Fithian • Wednesday, September 18 • 7 to 8:30 p.m. • Join in for some "Drummunity" with Lori Fithian--a drum circle with a focus on fun and community-building. She'll bring the drums and YOU get to play them! All ages are welcome to this family-friendly, "good clean fun" event! No experience necessary! FREE. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Energy and Healing

Imaginary Friend Revival Individual Playshop with Debra Metler • TBD by Client • Imaginary Friend Revival Individual Playshops can help enhance your imagination and creativity. You will attend four, one hour, one on one, interactive Playshops on Google Meet with Debra Metler MSW, CHC. You will explore the concept of the Imaginary Friend and the role that playfulness can have in your daily life. $185 for four one-hour sessions. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Wild Goose Chi Kung with Master Wasentha Young • Tuesdays, September 10 through December 10 from 6 to 7:00 p.m. AND/OR Thursdays, September 12 through December 12 from 10 to 11:00 a.m. • The Wild Goose Form, is a series of interconnecting movements that embodies the multidimensional interaction of energies. The continuous movement form includes imagery, stretching, touching accupoints; connecting with universe, nature, and earth energies. Classes are in-person. $215. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, September 12, October 10, November 7, December 5 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in a new world of unconditional love. Release judgment and fear and discover your true purpose. Available by teleconference call and recorded; supported by skilled world healing ascension workers. $300 for a series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

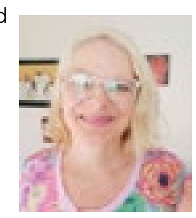
Gentle Qigong with Rory Walsh • Saturdays from September 14 through December 14 • 11 a.m. to Noon • This harmonizing flow of head-to-toe movement, meditation, and self-acupressure helps you to center yourself and navigate the changing seasons. A fun self-care practice for all ages and experience levels. $120. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

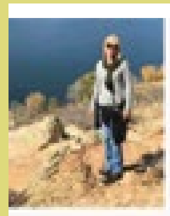
A Physician's Journey: Yoga and Meditation to Holistic Medicine: Using the Philosophy of Raja Yoga as a Medical/Health Care Model with Dr. Dennis Chernin • Wednesday, November 13 • 7 to 9:00 p.m. • Dr. Chernin has actively practiced and taught meditation and breathing techniques worldwide for over forty years based upon the ancient teachings of Tantra, Vedanta, and Samkhya philosophies. He is a certified yoga teacher and the author of several books, the most recent being *A Physician's Journey: Yoga and Meditation to Holistic Medicine*. He also wrote *How to Meditate Using Chakras, Mantras, and Breath* (with audio CD of guided meditation) and *The Complete Homeopathic Resource for Common Illnesses*. Hosted in the Crazy Wisdom Celestial room. For more information contact Bill at billz@crazywisdom.net.

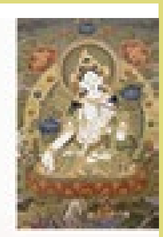
Energy Medicine & Nervous System Balancing with Mary Light • Thursday, December 5 & Friday, December 6 • 9:30 a.m. to 4:00 p.m. • Approaches such as Polarity Therapy, Cranial Sacral Balancing, Chiropractic, Marma, and Reflexology have evolved within the bodywork professional for at least 6 decades. This is a hands-on workshop to experience and explore several sessions and their outcomes and benefits. 16 CE. $250. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Resources for Conscious Living



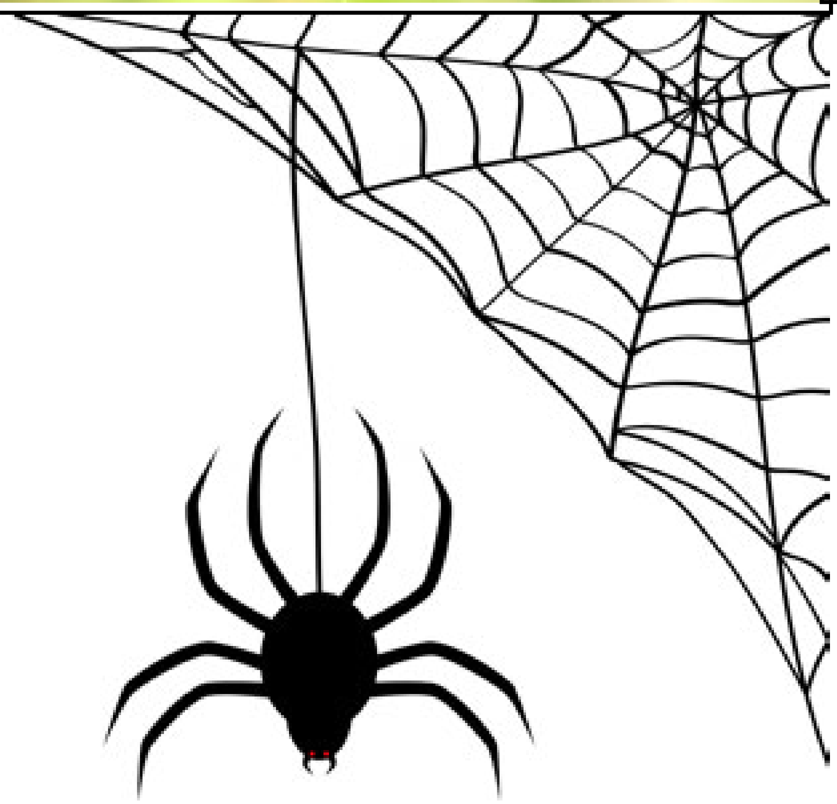








A Conversation With the Black Widow Queen



By Peggy River Singer

Last month while I was cleaning up my patio, I pulled out an old bucket and turned it over. Inside, I found a very surprised young female Black Widow, minding her own business in the center of her tiny web. She did not move toward me or threaten me, she just waited to see what I would do. I figured that she would spend her short life in my little patio garden where she wouldn't be a threat to anyone – now that I would remember to watch for her – so I released her into the Sweet Pea vines. I have not seen her, or any other BW's, since that day.

Black Widow Queen: I appreciate how you have described this little one as simply an animal living its life. So many of your people immediately kill my people.

Peggy: Lots of humans – including me – have a great fear of spiders. Years ago, I was told that there are worlds of spider beings who are very warlike and terrifying; somehow there was some contact with Earth (billions of years ago), and that conflict is supposed to be the source of human fear of spiders. Does that sound true to you, Queen?

BWQ: Hmmmmm… Well, there are spider planets, of course, just as there are Bird and Lizard and Snake homeworlds. I would suggest that memories of the Spider Wars plus the innate "otherness" of spiders both contribute to this deep fear. I expect Creator also designed humans to notice and pay attention to any animal that is so different. Anything that is very different, and not understood, can be a threat in some way.

Peggy: What is the purpose of the colorful patterns on a BW's body? They don't seem to prevent some animals from eating BW's.

BWQ: Colors, as you know, have a frequency, a vibration, an energy. So, these patterns do serve as warnings on different energetic and psychic levels. Animals who eat spiders can learn to do so without being bitten. The venom, ingested, is not dangerous to predators. It is the INJECTED venom that is deadly.

Peggy: Black Widows seem to prefer to live in quiet, dark places like woodpiles and abandoned buildings. Is there any special reason for this?

BWQ: Our purpose, our mission, is to spin light into those dark places of stagnant, decaying energy to bring balance to the area. This is not a form of physical light that can be seen by the human eye, you understand. Our bodies—which are free of the hairy furring other spiders have—absorb and transmute light energies like living crystals. We spin threads of that light to make our "messy" webs; which are actually perfectly designed for our purpose. These are different frequencies of light than what you are used to, and our webs reflect that. We spiders are a very practical people, you see, and our webs—in their thousands of designs—are multi-purpose in ways that human [scientists] are only now beginning to suspect.

Peggy: The big, showy Argiope web-spinners create handsome geometrical wheel shapes which are suitable for catching prey in open spaces in broad daylight. But BW webs with irregular patterns give you a better chance of trapping prey that live in low-light conditions?

BWQ: [pleased] Yes, very good.

Peggy: Since webs are made of energy, do they have, or produce, any audible frequencies? Can we hear them in any way?

BWQ: Yes, the webs can produce sounds. I do not know of any humans who can hear these frequencies, but the fae folk can. In fact, they sometimes help the Argiope's "tune" their webs in preparation for celebrations and such. Yes, it is possible for the fae, who are beings of delicate, high-frequency energy, to play a web like a harp. It takes many years of practice and peaceful collaboration between the fae and the host spider.

Peggy: Can a tuned web be used to send communications beyond the stars?

BWQ: Yes, that has always been true. This allows us to keep in touch with family and friends back on the homeworlds of our various species. Transmissions are almost instantaneous, since a certain specific frequency is used. You could compare it to your phone devices.

Peggy: What else would you like to talk about today?

BWQ: This opportunity is much appreciated. I hope these words will contribute to balancing the relationships between our peoples. This interview is complete.

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call (734) 548-0194.

The Crazy Wisdom Calendar

Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with the Enlightened Soul Center • Saturday & Sunday, September 7, 8, & 21, 22, October 5, 6 & 19, 20, November 2, 3 & 16, 17, Dec 7, 8 &21, 22 • Saturday Noon to 6:00 p.m., & Sunday Noon to 5:00 p.m.• Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof: intuitive tarot & oracle card readings, psychic readings, mediums, and spirit art drawings. Prices of readings vary based on type and practitioner. Cost of admission: Saturday $5, Sunday $3. For more information contact Amy Garber, (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Appleumpkin Festival & Kapnicks Apple Festival • Saturday, October 11 from 10:00 a.m. to 6:00 p.m. & Sunday, October 12 from 10:00 a.m. to 5:00 pm • Antiques, art, and flea market, entertainment, food trucks, and crafts galore. Children's area, carnival rides and more! Shuttle buses available between venues. FREE. For more information visit downtowntehcumseh.com.

Film

Film & Discussion with Jewel Heart Instructors • Friday, September 13, October 11, December 13 • 7 to 9:15 p.m. • September 13: The Life and Times of Allen Ginsberg. 2013. The story of Allen Ginsburg, one of America's greatest poets and a leader of the Beat Generation. October 11: Hector and the Search for Happiness. 2014. After disillusioned psychiatrist Hector confesses to his girlfriend that he feels like a fraud, he embarks on an international quest to find the right formula to bring him joy and increase his vitality. December 13: The Civilization of Maxwell Bright. 2005. After a series of bad relationships, a man orders a mail-order bride and receives more than he bargained for. FREE. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.



Marcella Fox has over 20 years of experience doing intuitive readings. She has a Master's in Social Work in Mental Health for Adults from the University of Michigan. She has also studied Shamanism in Peru, Canada, and the United States, and holds a 200 hour Yoga teacher training. Fox will be offering intuitive readings at Crazy Wisdom this fall on the last weekend of each month from noon to 3:00 p.m.

For more information, see the calendar listing under the heading "Tarot and Divination" on page 31.

Healing

Psychedelic Art Therapy Talk with Michigan Psychedelic Society • Sunday, September 15 • 1 to 3:00 p.m. • Michigan Psychedelic Society hosts Jacqueline and Cassius Drake to discuss the cross between psychedelic therapy and art therapy in a paradigm called "The Way of the Butterfly." They will discuss their overall approach to psychedelic integration including creative work as well as virtual reality, mindfulness, and meditation. FREE. For more information contact Julie at (720) 560-5292, email mipsychedelicsociety@gmail.com, or visit mipsychedelicsociety.org.

Healing through Connecting Constellations Workshop with Michaelene Ruhl • Saturday, October 19, November 16, December 14 • 1 to 6:00 p.m. • In our journey through life, we are intricately connected to everything. Healing through Connecting Constellations (HCC) helps re-establish those connections. Held in a sacred, compassionate space, each HCC experience offers profound healing. It provides a meaningful avenue for reconnection to love, life, and Self. $185 or $165 14 days before. For more information contact Michaelene at michaelene@constellationhealingarts.com or visit constellationhealingarts.com.

Herbal Medicine

Herbal Medicine Class & Certification Series with Mary Light • Saturday, September 21, October 19, 26, November 2, 16, December 21 • 9:30 a.m. to 2:30 p.m. • Lively and informative herbal medicine workshop covering topics such as winter medicine making, immune system approaches, apothecary inventory, herbal actions, September field ID skills and more. This is an ongoing class welcoming fall enrollees for the dates listed! $800 for the certification series. $150 for individual classes. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Holistic Health

Reawakening the Mind-Body-Mother Earth Connection with Robin Lily Goldberg • Mondays, September 16, 23, 30 • 6 to 7:00 p.m. • This experiential series explores our vastness and interconnectedness. From reflexology to polyvagal theory, we'll rediscover how inner networks like the nervous system communicate with the natural world. By tracing our ties to the Earth, we can remember our wholeness and revive our sense of belonging. $45. For more information contact Robin at robinlily@outlook.com.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, September 1, October 6, November 3, December 1 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. See website for phone and payment information. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, September 3, October 1, November 5, December 3 • 7 to 8:00 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

October Intensive with John Friedlander: Webinar & Teleconference with John Friedlander • Saturday, October 12 & Sunday October 13, 10 a.m. to Noon and 2 to 4:00 p.m., Monday, October 14 through Friday, October 18, 7 to 9:00 p.m., Saturday, October 19 & Sunday October 20, 10:00 a.m. to Noon, and 2 to 4:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented in previous intensives. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Massage

Foot Reflexology Training and Certification with Mary Light • Thursday, September 5 & Friday, September 6 • 9:15 a.m. to 4:30 p.m. • A hands-on, thorough two-day workshop training, with 16 massage professionals, open to anyone. Includes theory, manual techniques, contra-indications, and practice of the Foot Reflexology healing art. $250. For more information contact the School of Massage, Herbal, and Natural Medicine at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Lymphatic Massage Training for 20.5 Certification with Rachel Perry Gilbertson • Saturday, November 9 & Sunday, November 10 • 8:00 a.m. to 5:00 p.m. • Requires the online 4.5 pre-study. Includes Myofascial Lymphatic Drainage - (Level 1) and the introduction to Myofascial Lymphatic Drainage home study. $530. For more information contact Rachel at (608) 290-4828 or visit pumplymph.com.

Meditation

Weekly Silent Meditation with Celeste Zygmont • Ongoing Sundays from 11:00 a.m. to Noon & Tuesdays from 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation. Donation-based. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, December 1, 8, 15, 22, 29 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Community Sound Bath with Rob Meyer-Kukan • Friday, September 6, October 4, December 6 & Sunday, October 6 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness—The Myth of Permanence with Sister Esther Kennedy • Saturday, September 7 • 10:00 a.m. to 2:30 p.m. • What we experience each day is dependent on many causes and conditions. We have a thought, follow it for a while, and then another thought arises. We experience a particular emotion or mood and then it dissolves, and another emotion arises. Together we can uncover, be surprised, and begin to shift some of our habitual patterns of mind. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 9, 23, 30, October 7, 14, 21, 28, November 4, 25, December 2, 9, 16. • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Mindfulness-Based Stress Reduction (MBSR) Complimentary Orientation with Brenda Lindsay • Wednesday, September 11 • 6:30 to 8:00 p.m. • Learn about the Mindfulness-Based Stress Reduction (MBSR) evidence-based in this eight-week program starting on September 18th and determine whether it is a fit for you. MBSR was created by Jon Kabat-Zinn, PhD in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain, and illness and make sustainable change across one's lifetime. FREE. For more information contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Mindfulness-Based Stress Reduction (MBSR) Eight-Week Series with Brenda Lindsay • Wednesday, Sept 18, 25, October 2, 9, 16, 23, 30, & November 6 • 6:30 to 9:00 p.m., all day October 20 from 9:00 a.m. to 4:00 p.m. • If you want to reduce stress, anxiety, or depression, and possibly change habitual reactivity patterns, this may be the series for you. Connect in real-time with others who are seeking greater balance, ease, and peace of mind. Eight-Week Series Fees: $220.00, $325.00, or $430.00 suggested sliding scale, "pay what you can" pricing. For more information contact Brenda Lindsay at Brenda@ mindtransformationsllc.com or visit mindtransformationsllc.com.

Resources for Conscious Living

The Crazy Wisdom Calendar

Meditation continued...

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Wednesday, September 18 & November 13 • 10:00 to 11:00 a.m • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Introduction to Mindful Self-Compassion Online with Paulette Grotrian • Thursday, September 19, 26, October 3, & 10 • Noon to 1:00 p.m. • Learn to be kind to yourself by cultivating healthy ways to manage difficult emotions, reduce stress and anxiety, and strengthen your own inner goodness. This series, based on the work of renowned Kristin Neff and Christopher Germer, is about building emotional resources to deal with life's difficulties during these uncertain times. $125. For more information contact Paulette at (734) 276-7707, email mindfulnesswithpaulette@gmail.com, or visit mindfulnesswithpaulette.weebly.com.

The Bodhichitta Course with Robert Jacobs • Thursday, September 19, October 24, November 21, & December 19 • Bodhichitta—the desire to awaken for the good of all beings—is described in Tibetan Buddhism as the foundation for the spiritual path. Our course will be a discussion group in which we will all participate in sharing what it is that motivates us in pursuing our spiritual path. Suggested donation: $80-$240. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Sound Bath Meditation with Rob Meyer Kukan and Breathe Yoga • Friday, September 20 & November 8, or Tuesday, December 31 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Fridays $28, Tuesday $35. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.





Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone, & Spirit Friends • Saturday, September 21, November 2, & December 7 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. Consider how we as humans can learn to understand and collaborate with others to bring the gifts of the human to this inter-cosmos collective, embracing the diversity and complexity of form. Suggested donation: single-$30-$110; all three workshops $90-$330. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Equinox Celebration Labyrinth Walk & Sound Bath with Rob Meyer-Kukan • Saturday, September 21 • 1 to 2:00 p.m. • Join Veriditas Certified Advanced Labyrinth Facilitator, Rob Meyer-Kukan in Saline for an Equinox Celebration, crystal bowl sound bath, and labyrinth walk! We will celebrate the equinox by enjoying 30 minutes of relaxing and soothing tones of singing bowls on the labyrinth. Suggested donation is $10 per person. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Introduction to Mindfulness with Libby Robinson • Saturday, September 21 • 2 to 4:30 p.m. • Virtual introduction to mindfulness, including definition, benefits of cultivating your practice, methods, and opportunities to practice. Will briefly describe more extensive opportunities to learn and practice mindfulness. $300, negotiable with teacher, depending on need. For more information contact Libby Robinson at (734) 476-3070, email libbyrobinson7@gmail.com, or visit libbyrobinsonmindfulness.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Saturday, September 28, October 5, 12, 19, 26, November 2, 9, 16, 23 • 2 to 4:30 p.m. • The class focuses on practicing mindfulness, compassionate awareness of the present moment in class and between classes. It has been researched and found helpful with stress, pain, depression, anxiety, & chronic unhappiness. Participants learn through guided meditations, discussions, daily mindfulness practices and a half-day retreat. The course fee is $300 (fee negotiable), which includes recordings of guided meditations, handouts, and the retreat. For more information contact Libby Robinson at (734) 476-3070, email libbyrobinson7@gmail.com, or visit libbyrobinsonmindfulness.com.

A Day of Mindfulness: Coming to our Senses with Sister Esther Kennedy • Saturday, October 5 • 10:00 a.m. to 2:30 p.m. • Where the adventure of life is taking us moment by moment is unknown. The challenge, says Jon Kabat-Zinn, is coming to our senses, both individually and as a species. A first step in this adventure is the cultivation of a particular kind of awareness known as mindfulness; refined through the practice of mindfulness meditation. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Mastering Meditation with Kapila Castoldi • Sunday, September 22, 29, & October 6 • 2 to 4:00 p.m. • Introductory Meditation Series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila at (734)994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Sound Bath Experience with Becca Hacket • Friday, September 27 AND/OR Friday, November 15 • 6:30 to 7:30 p.m. • Becca starts with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. She uses sound and her voice to help you wind down, get cleared, and energized. It is an amazing gift to yourself. This is a time for you to release stress and relax. $30. For more information contact the Mix Studios at (734) 845-9105, email hello@the-mix-studios.com, or visit the-mix-studios.com.

Finding Stillness in a Frantic World: Pathways to Achieving Inner Quiet with Carol Blotter • Saturday, September 28 • 9:30 a.m. to 4:00 p.m. • We spend a gentle day, learning how to identify our triggers. Practice finding that sense of peace that we seek, while acknowledging the demands and sorrows of life. Stillness and quiet come from facing our challenges. Learn different practices for keeping our heart open to all the experiences of life, thus adding calm to your life and our world. $35, includes lunch, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

editation Technology with Amy Hertz and Figen Lacin • Wednesday, Oct 9, 16, 23, 30 • 7 to 8:30 p.m. • Visualization uses analysis to create an image. It then utilizes concentrated meditation to firmly hold the image stable. By developing visualization techniques in meditation, the symbolism of the imagery takes root in the cognitive and emotional parts of the mind, resonates deeply, and connects with virtuous mental aspects. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Thursday, October 17 & December 12 • 1 to 2:00 p.m. • Are you just plain busy? This hour-long sound bath is for you! Join sound therapist Rob Meyer-Kukan at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. $30, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Yoga + Sound with Rob Meyer-Kukan & Paul Barr • Saturday, October 19 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on deep relaxation and release. Rob will support with gentle sounds of singing bowls, gongs, and more. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 25 • 6 to 7:00 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan for a candlelight labyrinth walk. Suggested donation $10/person. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Cacao + Sound with Rob Meyer-Kukan • Friday, November 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for a special First Friday Community Sound Bath incorporating Cacao + Sound themed around remembering our ancestors! Rob will create an experience that will immerse you in peace and tranquility. Each participant will be supplied with a yoga mat and blanket. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Lost in Thought with Sister Esther Kennedy • Saturday, November 2 • 10:00 a.m. to 2:30 p.m. • Have you noticed how your thinking mind draws you in and drags you along from thought to thought, weaving stories conditioned by the past? How easy it is for us to get trapped in our mind-made conceptual prisons. Underneath all the fluctuating thoughts and emotions, there is within each of us a dimension of consciousness far deeper than thought. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org

Sound Bath with Rob Meyer-Kukan • Sunday, November 10 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in downtown Plymouth. Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Please bring a yoga mat and blanket and any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Acupuncture + Sound with Rob Meyer-Kukan & Lauren Hoffman • Sunday, November 17 • 3 to 4:30 p.m. • Rob from 7 Notes Natural Health will be joined by Lauren Hoffman from Whole-Self Wellness, LLC to share an afternoon of resonance and release. Relax into the tones of singing bowls, gongs, chimes, and more while receiving acupuncture. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. $50, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Cultivating Warmth of Heart with Sister Esther Kennedy • Saturday, December 7 • 10:00 a.m. to 2:30 p.m. • We can begin by choosing to be present. In silent moments we grow the courage to hear, with the heart-mind, the voice inside us connecting us to all beings and the whole web of life. We humans are at a crossroads and profoundly need one another as we cultivate hearts that are tender, discerning, compassionate, and deeply loving. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Longest Night Celebration with Rob Meyer-Kukan • Saturday, December 21 • 7 to 9:00 p.m. • This event will help us to celebrate the never-ending light within each of us. Seasonal imagery, healing sound (singing bowls, gongs, etc.), releasing ceremony, labyrinth walk, drumming, and more will create a unique and uplifting experience. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. Sliding Scale $25-40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Multicultural Events

Hispanic History in Adrian Michigan with Ben Negron • Tuesday, September 17 • Noon to 1:00 p.m. • As we celebrate Hispanic Heritage Month in September, we invite local leader and activist, Ben Negron, to share with us the impactful history made by Hispanics in the Adrian area. The hope is to educate on the contributions made to our area by Hispanics as well as learn more about the rich and proud Hispanic culture. FREE. For more information contact Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

The Crazy Wisdom Calendar

Multicultural Events continued...

Poverty's Intersectionality with Maureen Taylor • Thursday, November 19 • Time TBD • We have asked Professor Maureen Taylor to share with us how poverty impacts the communities we have been focusing on throughout the year, specifically; women, those with disabilities, and people of color. The hope is to educate about poverty's deep attraction to many marginalized communities and the impact it has on them. FREE. For more information contact Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Music, Sound, and Voice

Cafe 704 with Interfaith Center for Spiritual Growth • Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. PATH (Sep. 14), Nutshell (Oct. 12), Paul Vornhagen & Aron Kaufman (Nov. 9), and Dorkestra (Dec. 14) $10. For more information visit interfaithspirit.org.

Sound Healing and Self Care with Jaime Lawrence & Kimberly Joy Rieli • Sunday, September 8 & November 3 • 3 to 5:00 p.m. An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. They'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. Sliding scale suggested: $55, $44, or $33. Located at the Infinite Light Center, 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com, AND/OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.





Community Sing with Matt Watroba • Wednesday, September 11, October 9, November 13, December 11 • 7 to 8:15 p.m. • Matt leads a folk-music singalong with singers of all abilities. No experience necessary. May include other genres. Donations in any amount are appreciated. For more information visit interfaithspirit.org or mattwatroba.net.

Candlelight Meditation Concert of Sacred Songs & Healing Chants with Norma Gentile • Sunday, December 15 • 4 to 5:30 p.m. • Sacred Songs and medieval Healing Chants sung in full candlelight. Norma creates a colorful harmonic tapestry with singing bowls and audience toning, upon which she sings chants composed nearly a thousand years ago by the seer and saint, Hildegard of Bingen. Suggested donation of $20. For more information contact the Interfaith Center for Spiritual Growth (734) 327-0270 or visit HealingChants.com.

Naturopathy

Natural Medicine Certification Series with Mary Light • Thursday, October 19 & 26 • 11 to 11:30 a.m. • Presentation to launch our Natural Medicine Certification Series which will begin in January 2025, to give information to prospective participants. FREE. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Nutrition and Food Medicine

Farm to Table Community Dinner Series with Washtenaw Meats & Jolly Pumpkin Artisan Ales + Kitchen • Tuesday, September 24, October 29, November 26 • 6:30 to 8:30 p.m. • Join us the last Tuesday of the month for an evening of good food, great company, and a celebration of the farm-to-table ethos, where each dish tells a story of local agriculture, sustainability, and culinary passion. Menu is developed based on seasonality and availability. Children free with paying adult. $35. For more information contact Sarah Schloss at (413) 548-4444, email eat@washtenawmeats.com, or visit washtenawmeats.com.

Pagan Spirituality

Witches Night Out with Moira Payne • Wednesday, September 4, October 2, November 6, December 4 • 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is back at Crazy Wisdom. Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

Parenting

Clearing the Way for the Power of Listening to Work its Magic for Parents with Leeann Fu • Sunday, November 17 • 7 to 8:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear"? Explore how Teddy Bear Talk provides structure for keeping the teddy bear's own concerns or agenda out of the picture and leaves plenty of room for the talker. Suggested donation: $1-10. For more information contact Leeann at (734)237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Personal Growth

Self-Care Masterclass with Christy DeBurton • Self-Paced • In this compact but powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn simple and effective tips and tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well, and live better in your body. $19. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Relationship First Aid: Chaos to Peace, Journey to Self-Love with Ma'at Seba • Saturday, September 7, 28, October 19, & 26 • 1 to 3:00 p.m. • We will delve into a process of self-discovery of the spirit, mind and body using the spiritual tools of spiritual laws, self-analysis, astrology, numerology, reincarnation, auras, chakras, holistic health, nutrition, and more; seeing how they all contribute to the main purpose of your journey on Earth, and that is to "Know Thyself". $55 per session. For more information contact Ma'at at relationshipfirstaid@yahoo.com or visit relationshipfirstaid.com.

Everything's Working Out Perfectly with Karen Greenberg • Sunday, September 8, 15, 22, 29, October 13, 20, 27, November 10, 17, 24, December 8,15 • 1 to 2:00 p.m. • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin, devolving into you becoming disorganized, inefficient, and unproductive? Then Everything's Working Out Perfectly is perfectly suited for you! Please come and join us! Class format with Karen—$55 Private with Karen—contact for fee. To study on your own, please purchase manual for $10. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

No Judgment Zone with Llama Nancy Burks • Saturdays, September 14, October 12, November 9, December 14 • Noon to 1:00 p.m. • Discussion and sharing group focused on increasing understanding of how our own habits of judging ourselves and others limit our growth. The facilitator will bring a specific topic to each meeting, then participants can share as much as they wish in a supportive environment. FREE. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Peace

A Consistent Ethic of Life: Navigating Catholic Engagement with US Politics with Steven Millies • Thursday, September 5 • 7 to 8:30 p.m. • The consistent ethic of life is a fully Catholic engagement with the difficult challenges that conscience encounters in our time. Surveying the development of the consistent ethic from its beginnings and engaging today's political questions, we will rediscover the consistent ethic now in this challenging, divided moment of our history. Live streamed. $35, registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Inner Peace Retreat with Song of the Morning Community & Staff • Saturday through Sunday, September 13, 14, & 15 AND/OR October 11, 12, & 13 AND/OR December 13, 14, & 15 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Inner Peace Retreat with Naren K. Schreiner • Saturday through Sunday, November 8, 9, & 10 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Reiki

Usui Reiki II Certification Training with Jennifer LaFeldt • Thursday, September 14 • 10:00 a.m. to 4:00 p.m. • What will you get for taking Reiki Level 2? You will experience the Holy Love Meditation Experience, learn the Reiki 2 symbols, how to draw them, what their meanings are, and how to use them. The best part of Reiki Level 2 is being able to send distance Reiki to anyone. Learn how to send Reiki peace out to the world. $175. For more information contact Jenny at (734) 478-0866 or email reikitherapy@sbcglobal.net.

First Degree, Usui System of Reiki Healing with Suzy Wienckowski • Saturday, October 5 from 10:00 a.m. to 5:00 p.m. & Sunday, October 6 from 10:00 a.m. to 1:00 p.m.• Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. For more information contact Suzy at (734) 476-7958, or email suzyreiki@aol.com.

Usui/Holy Fire Reiki I and II Certification with Paula A Burke • Sunday, November 3 • 9:00 a.m. to 6:00 p.m. • With this course, you will receive guidance on Reiki hand placements and the traditional Japanese Reiki methods introduced by Dr. Mikao Usui. Learning Reiki allows you to be aware of the energies around you and direct that energy to heal yourself and others. Come join the journey of delving into the reiki world and receive the positive benefits. Reiki I is $175, Reiki II is $175; schedule both sessions for $325. For more information contact Paula (517) 936-9064, or email diffusingpeace@yahoo.com.

Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • Saturday, November 9 from 10:00 a.m. to 5:00 p.m. & Sunday, November 10 from 10:00 a.m. to 1:00 p.m.• Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. For more information contact Suzy at (734) 476-7958, or email suzyreiki@aol.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a mini or personal retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Open Mindfulness Meditation Day-Long Retreat with Libby Robinson, Nicole LaBrie, Linda Kessler, Marta Dabis, Barb Branca, Ellen Kaufman, & Jennifer Ratliff-Moss • Saturday, September 7 • 10:00 a.m. to 4:00 p.m. • An in-person mindfulness meditation retreat at Triple Crane Retreat Center, Chelsea, with guided meditations, alternating seated and movement. Silent except at beginning and end of retreat. Chairs and cushions available. Includes vegetarian lunch. Registration required. We request donations of $25 to cover the cost of lunch and the center, but they are not required. For more information email openmindfulnessmeditation@gmail.com.



Discovery at Divine Pine Gathering 2024

By Michelle A. McLemore

I was leaving a Big Boy's bathroom the other day as two other women were walking in. I held the door as the first coming through the door was using a walker. She thanked me and let her gaze move up my teal-patterned dress to my face and dangling crocheted earrings. "What a lovely dress."

"Thank you," I said.

The second woman looked at me askance and in a derisive tone said, "You look bohemian." I paused thinking perhaps I'd misread her tone.

"It is so comfortable," I enthused.

This time she didn't even look in my direction. "It's still bohemian," she muttered in disgust as she moved forward to drop another load of similarly-valued content in private.

There was much to ponder as I finished my lunch. The definition of "bohemian" as artistic, unconventional, free-spirited, interested in literature and music did mostly describe me, though, I am rather still quite conventional: I still opt for a bra in public, and I still live in a house, pay taxes, and drink gas-station coffee.

I dipped a French fry into my hot fudge sundae (perhaps less conventional) and took a bite feeling…pity? Ah, misguided, blinded grandmother. How long have you been wandering in ignorance and oh, what sites (and sights) you are denying yourself.

What was the derisiveness about? Was she using "bohemian" as a synonym for gypsi or hippie? Or was it because my silvering hair didn't match her concept with what was appropriate "at my age." It may have aroused apoplexy if I'd given her a blessing, offered to read her aura, or asked her sign. She certainly would never have dreamt of going to the recent bi-ennial Divine Pine Gathering in the Irish Hills.

July 26-28, the festival returned for its fourth year nestled amidst 42 acres of rolling greenness, ponds, and lake access. I was invited to volunteer in the wellness tent contributing my energy therapy skills. As I'd never been before, I looked up on the website to learn more about the event. Co-founder Abby Dawson describes it as "focused on traditional skill shares, ancestral knowledge, healing, arts, live music, and movement for all ages." Purposely immersing people amongst trees, meadows, and water, she noted, "We are reminded we are not outside of nature but a part of it and the festival helps people come back into that resonance."

Yes, I'll admit co-workers laughed lightly about hippies, joints, and tree hugging when I said I was going. What was that cliché a few years ago—imposter syndrome? Well, that would be me. I knew and trusted some of the other volunteers and there was no reason to expect anything except a lovely weekend outside helping people feel better. Divinity must've chuckled about that, knowing there actually was much more to experience.



After parking, I put on my backpack and started across the green following the first arrow. Paths meandered. With each step there was a visceral leaving behind of the "other" world. The cacophony of noises stilled and even the constant, subtle undercurrent of technology vibration ceased. I was amazed that I only saw one other phone in the two days I was there. (I also only smelled marijuana on two people during my stay.)



Ducking under the massive boughs of one tree, I first happened upon the Grief Altar where signs offered the opportunity to give remembrances at a simple plank at the base of the tree. The sudden sacred reverence caught me off guard. What to do with the surge of emotion? I took a breath and then stepped on knowing way leads on to way. Yet, this time, I would return to light a candle and send love to all remembered there. Later, I would recognize the carefully selected locations of each symbolic experience were similar to the process of walking a labyrinth. There is an entering process and opportunities to shed that which holds you down or back from your highest, truest consciousness.

In other areas I happened upon wooden Beings, a wooden loch ness monster, and various sculptures as solemn tableaus. At the base of a hill, I chanced upon a mammoth set of mushrooms, artistically designed so that you could sit under them like a frog or fairy. The perspective shift tickled my fancy, and I could feel my inner mind stretching, flexing, in unusual, no, *unconventional* ways. On the same hillside trail another artist had woven a human-size web of consciousness in bright colors, adding a handmade, humble spider and dancing lights for the nighttime.

There were two tent villages, a pond open for swimming, and a communal cookfire. And yes, at the tents' edge was a thin, long-haired man playing his guitar, softly singing.

The artisan marketplace showcased crafts, ceramics, clothes, jewelry, apothecary goods, fresh produce, herbs, hand-crafted, home-spun, recycled/upcycled, or home-grown. A teen approached and asked if I had anything to trade for a parchment signet. Alas, I did not. I offered an apple, and he



barely controlled his eye roll. I smiled. I will come better prepared next time, I thought, and surprisingly meant it.

Children in flowing garments scampered about doing hands-on activities, confidently moving from swings to dancing without seeking constant attention. A community art panel slowly evolved. Throughout the grounds, it seemed easier to breathe...easier to smile wider. Sure, everyone's feet were dirty and bodies were sweaty, but even in that was the simplicity of earthiness.

Most of the guests I met in the wellness tent had never had an energy treatment and were excited to experience their first. It was a delight sharing about the body's design and working with them on their goals for balance.

Later, I walked up Hammock Hill, itching to crawl into one, knowing it would be anything but graceful. But more importantly, once in, I would not want to crawl out again. I knew swaying cocooned, staring at the treetops, would be hypnotic and perhaps joyfully paralyzing. I might never crawl out. There I'd be found, sometime after the festival, when a well-meaning volunteer would peel back one side, surprised to find this silver-haired queen oblivious to the outer world, and have to find a way to coax me to return to the other world.



The Healing Tent at Divine Pine offered free massage, Tai massage, sound and energy healing sessions. Here is the author at work!

I sought instead the base of a tree to eat the snacks I had packed and to watch a tight-rope walker practice. I found the shade but failed to check if the space was already in use by smaller beings. As I ate my cheese, they made their presence known—curious ants began crawling slowly over the mat. Oh, my apologies, mates. I quickly picked up my belongings and gently brushed off the mat. Yes, there they were—several ant holes in the dirt. The ants must've wondered what caused the sudden eclipse and decreased ventilation. As they were polite ambassadors, I avoided bites, and looked more carefully the next time I stretched out near the Massasauga tent and a presenter on a primitive-leaning *Feminine Mystique* theme.

Over the three days there was a variety of group discussions on topics ranging from Pregnancy Loss to the Wisdom in Grief and Death to Vocal Healing. Rewilding experiences included topics such as Birding, Nature journaling, Microbes and Microscopy, Animal Husbandry, Traditional Archery, and Skygazing. Music was continuous on two stages and Friday evening included a Dance Movement Therapy and collaborative Drum circle. The session lasted well into the early hours of Saturday morning followed by a sunrise yoga paddleboard opportunity.

It wasn't long before another vintage woman approached and asked if she might join me. I offered my mat and some of my food under the pine. A young artist and his girlfriend stopped to chat. Later a former student squatted next to me as we listened to music at the Oak Tree Stage and observed people scattered across the lawn on blankets entirely ensconced in each moment.

The Giving Tree was another popular gathering space. At the trunk, people laid out cherished items they were ready to relinquish for adoption—it was a trading tree of sorts. An outer wall of spruce tree limbs were woven together to lean against. Pillows and blankets lined the cozy enclosure for classes and discussions both planned and spontaneous.



Jen J. Dixon of Jackson combines her loves of nature, science, and art through wood cuts and making her own stains through foraging.

In fairytales and mythological archetypes, the forest is the place of mystery and intrigue. (Only ignorance and fear taught it to be a place of evil.) To find one's self, often a character first becomes lost in some fashion. I thought I went to the woods because I wanted to serve, but it was truly to discern if I was living honestly—to see if I had skin or tears still yet to shed. Thoreau was right—it was revealing.

What did I find? I found a menagerie of individuals each on their own journey, yet collectively seeking a place and time to simply, truly BE. Did I accept every invitation to paint, dance, and sing? No, but my spirit strongly resonated in the space, and I recognized the joy, freedom, and breathability in the experience. Certainly, all attendees carried a part of the Divine Pine peace away with them to bolster the next leg of their journey.

Me, Bohemian? More each day. Unconventional? Ah my friends, natural is the Divine original state. I will watch for you, as the process is a remembering and a returning home. I will be one of many welcoming you with open arms when you choose to cross the threshold.

Michelle McLemore is a freelance writer, energy practitioner, and stress management guide for schools, businesses, workshops, and one-on-one clients. Her background as an English, history, psychology, and writing teacher supports personalizing client self-care and boosting balance and vitality. She hosts in-person and virtual classes a few times a year. Learn more at michellemclemore.com.

The Crazy Wisdom Calendar

Retreats continued...

Evolution: A Spiritual Journey with Sharon Zayac • Sunday, September 22 at 6:30 p.m. to Thursday, September 26 at 11:00 a.m. • We are in the midst of a cosmic shift in understanding who we are as persons, as people of faith, as a human species. What is this newly emerging consciousness? What does it teach us about who we are, how we are related to the whole, and how we imagine Holy Mystery? Cost: Commuter: $180; Double: $325; Single: $425 registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Doorways to Inspiration and Well-Being with Bruce and Carol Malnor • Friday through Sunday, October 4, 5, & 6 • Allow yourself to let go and relax into nature's beauty in this weekend retreat aimed to help you regain your own sense of balance and well-being. Throughout the weekend you'll experience fun and easy ways to increase your awareness in nature, and then take that awareness deep within through silent walks, reflection, and meditation. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Remembering our Awakened Essence: Silent Retreat with Barbara Brodsky, Aaron, & John Orr • Saturday October 14 through Wednesday, October 18 • A mix of vipassana and pure awareness practices and the meditations that support the open heart. Sitting and walking meditation, chanting, instruction for all levels of experience and daily dharma talks. Weather permitting, some meditation and instruction will be held on the lake shore. $610-double room; $680-single room. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

The Art of Caring for Self with Anat Shlagman and Ariana Buksdorf • Sunday, October 20 • 10:00 a.m. • As it seems that the world lost its axis, it is imperial for each one of us to be mindful not to lose our own. This whole day retreat combines laughter yoga with castor packs & forgiveness meditation with spinal flow assessments and with yoga Nidra. Soup and salads lunch will be provided, along with teas and fruits/snacks throughout the day. For more information contact trad.em.heal@gmail.com or visit trad-em.com/the-art-of-caring-for-self.

Day of Mindfulness with Emily Adama • Saturday, October 19 AND/OR November 16 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. $45-$110. For more information visit earthwellretreat.com.

Fall Yoga + Self-Care Weekend Retreat with Christy DeBurton • Friday, October 18, Saturday, October 19, & Sunday, October 20 • All-Day • Savor a peaceful weekend of self-care in the countryside of Big Rapids, MI: yoga, nature, farm-to-table meals, lovely company and time to 'unplug' from the outside world. See website for details. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

ReVillaging for Modern Mothers with Miriam Dowd-Eller & Emily Adama • Saturday, November 9 • 9:30 a.m. to 5:30 p.m. • Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," finding or building the support and connections you dream of. $70-$150. For more information visit earthwellretreat.com.

Advent Blessings, Full of Grace with Miriam Brown • Sunday, December 1 at 6:30 p.m. to Thursday, December 5 at 11:00 a.m. • Advent begins with "Hail, you are full of grace." We move to embrace the truth and call that our souls, personally and collectively magnify the Lord. Let us rejoice in this spaciousness and give our "Yes" to the fullness of life with its joys, pain, complexities, spirit, and hope. May we radiate the blessing of divine life within us. Commuter $180; Double $325; Single $425 registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Day of Renewal for Helping Professionals with Ariana Wakeman & Emily Adama • Monday, December 7 • 9:30 a.m. to 5:00 p.m. • Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness, nature connection practices, and receive a professional massage. Afterwards, enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. $160-$280. For more information visit earthwellretreat.com.

Salons

Crazy Wisdom Salon Series—Sages of Ann Arbor • Age-ing to Sage-ing: Harvesting the Wisdom of our Years with Lucinda Kurtz & Oran Hesterman • Thursday, September 12 • 7 to 9:00 p.m. • We each have a choice as we grow older: to simply age or become a sage? As Lucinda and Oran introduce the CW Salon series on Sages of Ann Arbor, they will share aspects of eldering essential for contributing our wisdom to healing relationships, our communities and the planet. Come learn how. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Dr. Dennis Chernin, M.D., M.P.H.—in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, September 26 • 7 to 9:00 p.m. • What's on your mind these days, Dennis Chernin, what's in your heart, what have you relished, what's been really hard, what matters? One of the wise men of integrative medicine in this region, Dr. Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. He also lectures at U-M Medical School and is the medical director of 3 county health departments. He's taught meditation and breathing techniques for over 40 years, is a certified yoga teacher, and the lead singer, harmonium player and co-founder of Ann Arbor Kirtan. Dr. Chernin is the author of books on meditation and homeopathy, and his most recent book is *A Physician's Journey: Yoga and Meditation to Holistic Medicine*. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Lisa Gottlieb, MSW, SSW—in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, October 10 • 7 to 9:00 p.m. • What's on your mind these days, Lisa Gottlieb, what's in your heart, what have you relished, what's been really hard, what matters? One of Ann Arbor's modern-era renaissance women, Lisa has been a leader in the community for decades. The co-founder and Operations Director for Selma Café, she's been at the forefront of Ann Arbor's organic food and farm-to-table culture, and in more recent years, been deeply involved in Nonviolent Communication as a certified trainer and as the Founder and Director of Compassionate Communication of Ann Arbor. She works with individuals, couples, and families through the lens of Nonviolent Communication to improve connection, reduce conflict and make it easier to understand each other. She is currently writing a book called *Musings from a Snarky Empath: Life through the Lens of Nonviolent Communication*. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Crazy Wisdom Salon Series—Sages of Ann Arbor • Presence, Kindness and Freedom—An Evening with Barbara Brodsky & Davy Rothbart • Wednesday, October 23 • 7 to 9:00 p.m. • Barbara Brodsky, the founding and guiding teacher of Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, and her son, Davy Rothbart, a bestselling author and Emmy Award-winning filmmaker, explore the topics of Presence, Kindness and Freedom – topics central to both of their work and the name of Brodsky's foundational work. Brodsky is also the medium for the entity Aaron, and the author of many books. Rothbart is a frequent presence on NPR's *This American Life*, creator of *FOUND* Magazine, and a current Knight-Wallace Fellow at the University of Michigan. The evening will include a brief reading from each of them, followed by a spirited discussion. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Dr, Jay Sandweiss in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, November 21 • 7 to 9:00 p.m. • What's on your mind these days, Jay Sandweiss, what's in your heart, what have you relished, what's been really hard, what matters? Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region.

Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Functional Medicine and Chinese Medicine. He's been teaching nationally and internationally for decades. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, September 5 & 19, October 3 & 17, November 7 & 21, December 5 & 19 • 7 to 8:30 p.m. • If you know how to do shamanic journeying, please join us to explore the cycles of life through direct revelation by journeying to your spirit guides. Access your inner wisdom and be supported through circle participants. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net.

Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Thursday, September 19, October 24, November 21, & December 19 • 6:30 to 9:30 p.m. • Learn how to incorporate Shamanic Journeying into your spiritual practices; a path of direct revelation that will support you in receiving clear guidance, healing, and transmissions from the realms of light. We will raise our frequency to partner with spiritual guides, teachers, master healers, and our higher selves. Suggested donation: $100-$300. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Soul Retrieval with Judy Liu Ramsey • Sunday, September 22 through Thursday, September 26 • 9:00 a.m. to 9:00 p.m. • Advanced shamanic class limited to eight persons. Deepen your connection to helping spirits to restore a soul's essence. Learn methods to retrieve souls of body parts, and of places. Initiation and ceremony will anchor your learning. Prerequisites: Journeying, Medicine for the Earth, and Extraction. $650 tuition/$400 for repeating students, room/board all meals included. For more information contact Judy at info@judyramsey.net.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, October 5 & Sunday, October 6 • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage, deepen your connection with the grandmothers and grandfathers in ceremony, in initiation and in the shamanic journey. Prerequisite: basic journeying skills. $180, $90 for repeating students. Located on ZOOM. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, October 6 • 10:00 a.m. to 5:00 p.m. • This class gives you practices and ways of looking at safety and sacred space. It is experiential, including clearing the space before and after. Setting the altar together increases awareness of its aliveness. Journeys and practices are included. The ability to journey is a prerequisite. $100 until September 21, $125 after. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

A Shamanic View of Death and Dying with Judy Liu Ramsey • Friday through Sunday, November 1, 2, & 3 • 6:00 p.m. Friday through Noon on Sunday • Advanced residential class—limit eight students. A traditional shamanic role was to prepare a person for good death, escort deceased souls to their ancestors, and help the grieving left behind. Learn to help in the dying process, and also experience your own beautiful death. Initiation and ceremony. $275 per person/$150 for repeating students, $300 room/board including all meals. For more information contact Judy at info@judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, November 23 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time in your life. Develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Taught via ZOOM. $160 per person/$80 for repeating students. For more information contact Judy at info@judyramsey.net.

Spiritual Development

Life's Spiritual Wake-up Calls by ECKANKAR • Sunday, September 8 • Noon to 1:00 p.m. • In every moment, you are in the grasp of divine love. Divine Spirit picks the vehicle: a song, dreams, people you meet, a remembered conversation. Explore how these wake-up calls can illuminate your path to fulfillment at this ECK Light and Sound Service; a blend of insightful stories, creative arts and contemplative exercises presented by students of ECKANKAR, The Path of Spiritual Freedom. Experience the sacred sound of HU, which can open your heart to divine love. Located at the Pittsfield Branch Library, 2359 Valley Drive. For more information visit eckmi.org.

Sufi Gathering with Imam Kamau Ayubbi • Tuesdays from September 3 to December 31 • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. $5-10 suggested donation. For more information, visit interfaithspirit.org.

Connecting with & Cultivating your Relationship with G-D (from a Kabbalistic Perspective) with Karen Greenberg • Sunday, September 8,15, 22, 29, October 13, 20, 27, November10, 17, 24, December 8, 15 • 2:30 to 5:00 p.m. • Create a sacred space, heighten your vibration, compose questions, ask G-D and decipher whether the answers come from your spirit vs. thoughts, emotions, or body sensations. Find divinity in self and others; trust, surrender, serve; express gratitude and awe; be comforted, healed, protected, and guided by G-D for your soul's purpose, dreams, and challenges. $100 per session ($1,000 for all 10 sessions). 50% discount if you pay for all 10 sessions prior to first. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Through the Other End of the Telescope with G Arthur Weidman • Saturday, September 14, October 12, November 9 • 5:30 to 7:00 p.m. • We will explore how beliefs, attitudes, and expectations shape our lives—both in a positive and negative way based on the quality of one's emotional tone. Donations of $5-10 requested. For more information contact G Arthur at gweidman97@gmail.com.

That Which is Already Awake is the Path: Awakening to the Joy & Unconditional Love Within with Barbara Brodsky, Aaron & John Orr • Tuesday, September 24, October 8, 22, November 5, 19, December 3, 17 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring together: what is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $140-$420. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Crazy Wisdom Hosts Author, Paul Nugent, with his book, *Maya Mire* • Thursday, October 24 •7 to 8:30 p.m. • Maya Mire is the story of Paul Nugent's own spiritual quest to discover the universal journey we are all making, and have been since the beginning of time—embracing alien worlds, higher and lower dimensions of reality, and living galaxies. At Crazy Wisdom. For more information email paul@aetherius.org.

What Happened at the Synod on Synodality — And What is Next? With Massimo Faggioli • Thursday, November 14 • 7 to 8:30 p.m. • The talk will summarize the unfolding of the Synodal Process (2021-2024) culminating with the two assemblies of the Synod (October 2023 and 2024). The focus will be on the ecclesial meaning of this event and on the potential for the development of doctrine and discipline for the most debated issues in the Catholic Church and the after-Synod period. $35, registration required. For more information, contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

How to Live a Soul-directed Life with ECKANKAR • Sunday, December 8 • Noon to 1:00 p.m. • Discover more about yourself as soul, an eternal, creative, spiritual being. Connect with this most sacred part of yourself, receive new insights, and magnify love in your life. All are welcome to this ECK Light and Sound Service which offers you the chance to explore your own direct connection with the Divine. Students of ECKANKAR, The Path of Spiritual Freedom, will share spiritual insights for living authentically and harmoniously. Experience the sacred sound of HU. Located at the Pittsfield Branch Library, 2359 Valley Drive. FREE. For more information, visit eckmi.org.

Stress Management

Re-Energize Your Life Retreat with Will and Wendy Page-Echols • Tuesday through Thursday, September 20, 21, & 22 • The Re-Energize Your Life Retreat offers respite for those who need a reset or those experiencing burnout in their professional lives. The curated schedule includes meditation, yoga, and workshops on healthy ways to relieve stress with tools to take with you, providing a restful weekend so you can return to your life anew. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

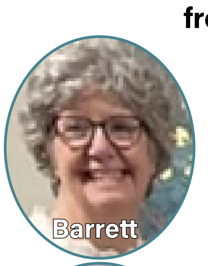


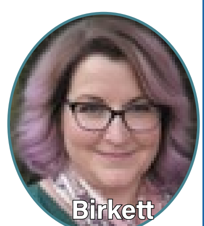
September 25 - Judith Kerman is a poet and multi-artist (singer, performer, crafter). She has published eleven books or chapbooks of poetry, most recently *Definitions* (Fomite Press, 2021), and three books of translations. She founded Earth's Daughters magazine (1971) and Mayapple Press (1978). A retired college professor, she lives in Woodstock, NY.



September 25 - Helen Ruggieri has 2 new books of poetry—*The Sapphires* and *Blue Elegies: Poems for the Birds*. Her book of essays and haibun about natural things is *Camping in the Galaxy*. She lives in upstate New York, where her whole front yard is a garden rather than grass.

10/23/2024 – Featured Readers from the Crazy Wisdom Poetry Circle















Kathlene Barrett – poet, artist, editor of publications *Making Waves* and *Beach Combings*.
Nicole Birkett writes, raises sheep, and edits *Making Waves*: LudingtonWriters.org.
Shutta Crum – well published poet, celebrated children's author, www.shutta.com
David Jibson –social worker, poet, edits *Third Wednesday*, facilitates Crazy Wisdom Poetry Circle.
Markland Lloyd, Ph.D. - university English teacher & administrator inspired by national parks.
Edward Morin – published poet, song writer, translator, editor, and university teacher.
Lissa Perrin - retired psychotherapist whose poems have appeared in several online and print journals.



December 4 - Sandra Cisneros is a poet, essayist, and fiction writer who explores the lives of working people. Her classic novel, *The House on Mango Street*, celebrates its 40th anniversary. Poetry collections include *Loose Woman* (1995) and *Woman Without Shame* (2022). She has a MacArthur Fellowship and a truckload of other awards.

Sandra Cisneros photo © Keith Dannemiller

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Stress Management continued...

Role-Plays for Difficult Conversations with Leeann Fu • Sunday, September 29 & November 17 • 1 to 2:00 p.m. • Are difficult conversations stressful for you? Role-playing with a neutral party can help by making things feel less charged, lowering the stakes, and providing opportunities to practice different ways to handle the conversation. This online session allows you record a role-play of your difficult conversation—if you would like. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Clearing the Way for the Power of Listening to Work its Magic with Leeann Fu • Sunday, October 20 • 4 to 5:00 p.m. • Do you think better when thinking out loud? Can making use of this power more often help you manage stress? Come to this online workshop to learn about how Teddy Bear Talk can help you get help form listeners that give you plenty of room to take things wherever you need to go with them. Suggested donation: $1-10. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Sustainable Living Skills

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, September 22 • 10:00 a.m. to Noon • Tour the natural buildings and grounds at Strawbale Studio! See the enchanting, thatched roofs, strawbale structures, sculpted earthen walls, Rocket Stove, Earth Oven & more. $20. For more information visit strawbalestudio.org.

Tai Chi, Martial Arts, Fitness, and Self Defense

Wu Style Tai Chi Chaun with Marylin Feingold • Sundays, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, December 1, 8, 15, 22, 29 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Tai Chi Beginner's Class with Master Wasentha Young • Monday, September 9 through December 9 from 10:15 to 11:15 a.m. AND/OR Thursday, September 12 through December 12 from 6 to 7:15 p.m. • T'ai Chi, often characterized as mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $215. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, Saturdays • Times Vary, 1 Hour Maximum • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Erin Cantrell Fitness—Total Body Conditioning • Daily classes available • Varying times available • Private training sessions as well as group classes in yoga and fitness. Offering classes in VinYin, Total Body Conditioning, Sweat, Shred, Hi Energy Shred, Low Impact Sculpt, Power Sled, Not your Mom's Pilates, and more. Check out the schedule and learn more at erincantrellfitness.com.

Martial Arts and Fitness at Final Round Training Center • Daily classes available • Varying times available • Classes includes Muay Thai, Grappling, Jiu-Jitsu, Cardio Kickboxing, classes for women and classes for kids. Learn more online at finalroundtrainingcenter.com or call (734) 929-4362.

Tarot and Divination

Empathetic Tarot Readings with Leif Laufeyjarsen • See Schedule Below • Hosted at Crazy Wisdom. Walk-ins welcome. September 14th through December 31st. First, second, and third Saturdays, from 1 to 5:00 p.m. Second and third Fridays 6:30 to 9:30 p.m. $3/minute, 15 minute minimum. For more information contact Leif at laufeyjarsen9@gmail.com.

Intuitive Readings with Marcella Fox • See Schedule Below • Hosted at Crazy Wisdom. Last Saturday and Sunday of each month, September through December. Noon to 3:00 p.m. Rates: $20 first 15 min. Additional time $1 per minute. For more information contact Susan at eventsandbookings@crazywisdom.net.

Theater

Two One-Act Plays by A.M. Dean with Neighborhood Theatre Group • Friday through Sunday, September 13, 14, & 15 • Friday & Saturday 8:00 p.m., Sunday 2:00 p.m. • *The Former Things* tells the story of a couple, in the whole of the rapture, who reunite and find out even during the Apocalypse, they're still crazy after all these years. In *Carl, Baby*, Carl, a teen staying up north for the summer in the 1990s, meets a local girl who can't seem to follow through. Cost TBD. For more information contact info@ntgypsi.org or visit ntgypsi.org.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops held Wednesday, September 11, October 9, November 13, December 11 • Readings held Wednesday, September 25, October 23, December 4 • 7 to 9:00 p.m. • Workshop offer space for writers to discuss their work. Featured readers perform for 1-hour, open mic follows. Featured readers: Up-State New Yorkers Judith Kerman and Helen Ruggieri (9/25); Crazy Wisdom Workshop writers Kathlene Barrett, Nicole Birkett, Shutta Crum, David Jibson, Markland Lloyd, Edward Morin, Lissa Perrin (10/23); poet/novelist Sandra Cisneros (12/4). Held virtually on ZOOM. FREE. For more information email cwpoetrycircle@gmail.com, or visit cwcircle.poetry.blog.

All-in Colors, Creative Writing—Hybrid Style with Tarianne DeYonker • Saturday, September 14 • 1 to 4:00 p.m. • As varieties of colors dress the trees, you're invited to explore the stories or poems words can create. This workshop provides time for writing and reading our work aloud to receive feedback on its strengths and impact. Beginning and experienced writers are welcome to join in person or online. $35, registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Re-Membering with Tarianne DeYonker • Saturday, November 30 • 1 to 4:00 p.m. • It's one thing to share memories and quite another to probe them for the meaning they have for our lives. This writing workshop is designed to tap into that inner wisdom carried by our memories and meant to deepen our appreciation and understanding of our lives. Beginning and experienced writers are welcome to join in person or online. $35, registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing• Aqua yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats and more. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students gain so much mind/ body/ spirit wisdom that they return year after year to enjoy this life enhancing practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • September 5 12, 19, 26, October 3, 10, 17, 24, 31, November 7, December 5, 12, & 19 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session – First visit is free! Cash or more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga at Tiny Buddha Yoga, voted best in Washtenaw County for Seven Years • Daily classes available • Varying times available • Classes include Hot Vinyasa, Blend Vinyasa, Slow Burn, Ashtanga, Yin Restorative, Slow Flow, and Yinyasa. Teacher Training and individual instruction available. Two Ann Arbor locations. Check out our Mysore and U-M student ambassador programs out online at tinybuddhayoga.com or call (734) 926-5040.

Yoga Classes at Red Yoga, A Hot Yoga Studio • Daily classes available • Varying times available • Classes include Hot Vinyasa, Steel Mace Flow, Yin Yoga, Yin and Yoga Nidra, Community Karma Yoga and more. Teacher training and Private classes available. For more information visit redyogaannarbor.com or call (734) 436-8119.

Yoga at Imagine Fitness and Yoga • Daily classes available • Varying times available • Offering classes in Fundamentals and Beginner Yoga, Vinyasa Levels 1-3, Restorative Yin Yoga, Ashtanga, and Hatha. Heated floors in the yoga studio. We will help you develop the strength, flexibility and balance that are essential for a healthy lifestyle. For more information visit imaginefitnessandyoga.com, call (734) 622-811, or email imagine@imaginefitnessandyoga.com.

Yoga at Yogacentric Studio, an inclusive, casual studio • Varying days and times available • Offering classes in Yin/Restorative, Unwind/Gentle, Basic/Blend, YinYasa, Slow Flow, Flow and Glow, Yoga Sculpt, Lunchtime Yoga, and Vinyasa. Also offering yoga & sound bath workshops and Reiki. For more information visit yogacentric.net.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

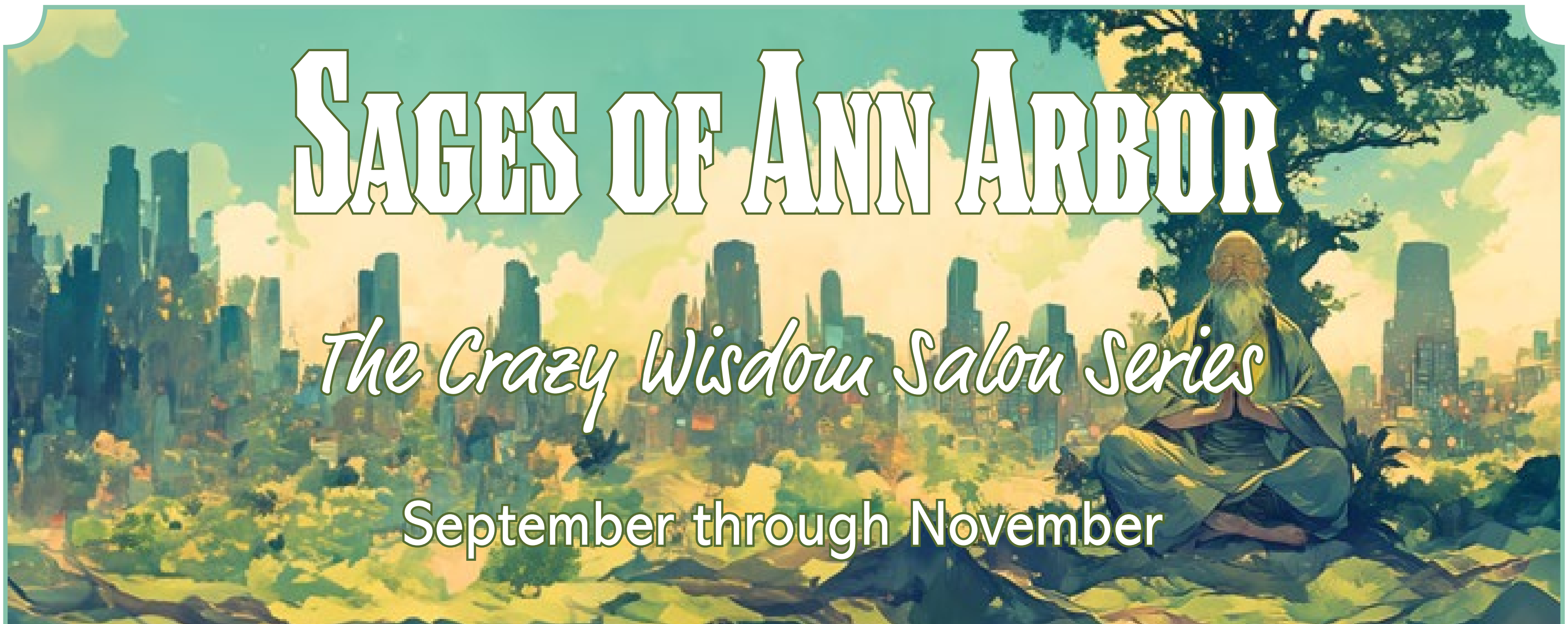
Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!



Age-ing to Sage-ing: Harvesting the Wisdom of our Years

with Lucinda Kurtz, M.A. & Oran Hesterman, PhD

Thursday, September 12, 7 to 9 p.m.

We each have a choice as we grow older: to simply age or become a sage? As Lucinda and Oran introduce the CW Salon series on Sages of Ann Arbor, they will share aspects of eldering essential for contributing our wisdom to healing relationships, our communities and the planet. Come learn how. Lucinda Kurtz is a healer, ritualist, writer and poet. Oran Hesterman is the founder of Fair Food Network and a ceramic artist.

An Evening with Dr. Dennis Chernin, M.D., M.P.H.

With Moderator Bill Zirinsky of Crazy Wisdom

Thursday, September 26, 7 to 9 p.m.

One of the wise men of integrative medicine in this region, Dr. Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. He also lectures at U-M Medical School and is the medical director of 3 county health departments. He's taught meditation and breathing techniques for over 40 years, and he's a certified yoga teacher. And he's the lead singer, harmonium player and co-founder of Ann Arbor Kirtan. Dr. Chernin is the author of books on meditation and homeopathy, and his most recent book is *A Physician's Journey: Yoga and Meditation to Holistic Medicine.*

An Evening with Lisa Gottlieb, MSW, SSW

With Moderator Bill Zirinsky of Crazy Wisdom

Thursday, October 10, 7 to 9 p.m.

One of Ann Arbor's modern-era renaissance women, Lisa has been a leader in the community for decades. The co-founder and Operations Director for Selma Café, she's been at the forefront of Ann Arbor's organic food and farm-to-table culture, and in more recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor. She works with individuals, couples and families through the lens of Nonviolent Communication to improve connection, reduce conflict and make it easier to understand each other. She is currently writing a book called *Musings from a Snarky Empath: Life through the Lens of Nonviolent Communication.*

Presence, Kindness and Freedom

An Evening with Barbara Brodsky and Davy Rothbart

Wednesday, October 23, 7 to 9 p.m.

Barbara Brodsky, the founding and guiding teacher of Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, and her son, Davy Rothbart, a bestselling author and Emmy Award-winning filmmaker, explore the topics of Presence, Kindness and Freedom—topics central to both of their work, and also the name of Brodsky's foundational work. Brodsky is also the medium for the entity Aaron, and the author of many books. Rothbart is a frequent presence on NPR's *This American Life,* creator of *FOUND* Magazine, and a current Knight-Wallace Fellow at the University of Michigan. The evening will include a brief reading from each of them, followed by a spirited discussion.

An Evening with Dr. Jay Sandweiss, D.O.

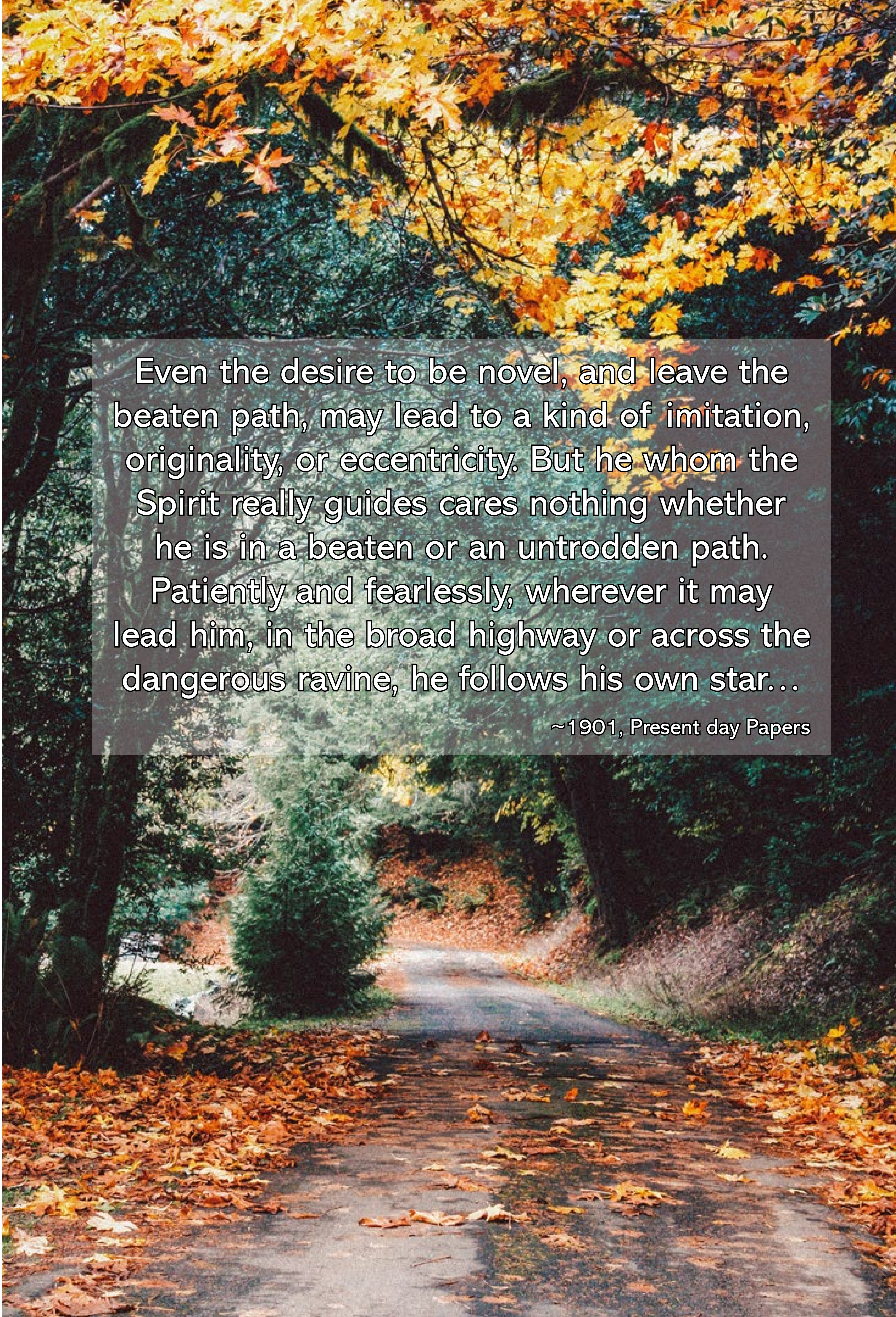
With Moderator Bill Zirinsky of Crazy Wisdom

Thursday, November 21, 7 to 9 p.m.

Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Functional Medicine and Chinese Medicine. He's been teaching nationally and internationally for decades.

The Crazy Wisdom Salon Series is free to attend, and takes place in our Celestial Lounge.

For more information, contact Susan Young, Events Coordinator, at: eventsandbookings@crazywisdom.net or billz@crazywisdom.net or call the store at (734) 665-2757.


Even the desire to be novel, and leave the beaten path, may lead to a kind of imitation, originality, or eccentricity. But he whom the Spirit really guides cares nothing whether he is in a beaten or an untrodden path. Patiently and fearlessly, wherever it may lead him, in the broad highway or across the dangerous ravine, he follows his own star...
~1901, Present day Papers